Toronto metro
Your essential daily news | THURSDAY, SEPTEMBER 17, 2015

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Toronto metro

JAYS MAGIC NUMBER: 15

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FEMINISM GETS GRAPHIC
Kate Beaton's latest
metroLIFE

HERE COME THE GROWLERS

Half-gallon jugs of beer making their debut at Summerhill LCBO

metroNEWS

ISTOCK

Toronto standing up for Texas teen Ahmed

SOCIAL MEDIA

Chris Hadfield asks science fan to come to local event

Luke Simcoe
Metro | Toronto

Torontonians are ready to roll out the red carpet for Ahmed Mohamed and the homemade clock that landed the 14-year-old in handcuffs at his Texas school.

Mohamed was arrested Monday after teachers mistook the clock he built for a bomb. Photos of him sporting a NASA shirt and a pair of cuffs swept across social media Wednesday, turning the teen into an overnight science star.

He's gained support from U.S. President Barack Obama and earned invites to a variety of cities, including Toronto, where astronaut Chris Hadfield wants him to be part of next month's Generator event at Massey Hall.

Organized by Hadfield and his son, Evan, the Oct. 28 "science-based variety show" will blend science lectures with music and comedy performances.

Evan Hadfield has connected with Mohamed's family, but he told Metro they asked for some time to decide whether their son will attend.

"I don't expect us to be high on their list, but I'm happy to offer what we can," he said.

Private citizens and businesses quickly followed Hadfield's lead on Wednesday. The Four Seasons hotel has offered to put Mohamed up for free if he visits, and a group of supporters is trying to crowdfund the cost of airfare.

Evan Hadfield said what happened to Mohamed was "shameful" and suggested science can be an antidote to the "all-encompassing ignorance" displayed by the Irving, Tex., police force. Many have accused police of racial profiling because Mohamed is a Muslim.

"Science, as a concept, is about breaking down barriers and looking at what's actually happening rather than holding to preconceived notions," Hadfield said.

He also empathized with the sudden attention Mohamed and his family are receiving.

"He's just a kid. He's a symbol at this point, and speaking as someone whose family became a symbol very suddenly, it can be very jarring," Hadfield said. "Hopefully we can offer a supportive and a fun night for him and his family."

Many have accused police of racial profiling because Ahmed Mohamed is a Muslim. VERNON BRYANT/DALLAS MORNING NEWS

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metro NEWS

Your essential daily news

Spain offers new life to Syrian tripped by journalist. **World**

Policing the political process

COMPLAINT

Chief accused of blurring line by supporting former boss

When he attended a campaign event for federal Liberal candidate Bill Blair, Police Chief Mark Saunders violated a provincial regulation and a police board policy prohibiting officers from endorsing a political candidate, the Law Union of Ontario alleges.

Saunders blurred an "essential separation" between policing and politics when he appeared at a Tamil Canadian event in support of Blair last month, says Toronto lawyer Jack Gemmell, who filed a complaint Wednesday to Ontario's Office of the Independent Police Review Director (OIPRD) on behalf of the Law Union.

"In pretty well every democracy in the world, there is this careful delineation between police and the political process," Gemmell said.

The event for Blair, who is seeking election in Scarborough-Southwest, was held at the Toronto Hilton hotel on Aug. 28. Wearing a plain white T-shirt, Saunders made brief remarks, then grinned for photos alongside his former boss.

Photos were first published on the South Asian news site Key2News.com, alongside an article stating that Saunders "gives his vote of confidence to Bill Blair for a cabinet post."

Toronto police spokeswoman Meaghan Gray said Saunders could not comment on his appearance at the event, pending notification of the complaint from the OIPRD.

A spokesperson for Blair's campaign said he would not comment before Toronto police responded to the complaint and did not respond to Torstar News Service questions about Saunders' role in the event.

But in a statement to the Toronto Sun last week, Saunders said he facilitated the event after members of the Tamil community, whom he came to know as unit commander of 12 Division, asked to meet with Blair. Saunders said no money was collected, and there was no admission charge.

"I did not intend to blur the distinction between my responsibilities as police chief and private citizen," Saunders told the Toronto Sun. "I will be more careful in the future."

Members of the Law Union say there needs to be a full investigation into Saunders' attendance and whether the chief actively endorsed Blair — "my view is, that is a clear breach of the regulation on political activity," Gemmell said.

"It is critical that a Chief of Police not be involved or be seen to be involved in partisan politics," reads the complaint to the OIPRD. "A Chief is entrusted with immense powers and responsibilities for the administration of the police force and its operation and acts in a quasi-judicial capacity when hearing complaints against police officers."

It's not clear exactly what penalty Saunders would face if the complaint went to a disciplinary hearing and misconduct was found. Rosemary Parker, spokesperson for the OIPRD, said she could not comment on specific cases, but said the Police Services Act allows for anything ranging from a reprimand to dismissal.

Generally speaking, police officers are barred from political activity under the province's Police Services Act, the law governing Ontario's police forces.

There are some exceptions: Off-duty police officers who are not in uniform can engage in some political activities, including attending a meeting with candidates in an election. They can also express views on any issue not directly related to their responsibilities as police officers "as long as the police officer does not associate his or her position as a police officer with the views or represent the views as those of a police force."

Gemmell said one issue that could arise from the complaint is whether Saunders was on duty at the time of his appearance. "Our position is that he was, because he's on duty 24/7," he said. "The ruse of taking off his police shirt does not change this reality; it only makes his behaviour a violation of the police dress code," the Law Union states in the complaint.

Toronto Police Chief Mark Saunders TORSTAR NEWS SERVICE

Bill Blair TORSTAR NEWS SERVICE

PHOTO ILLUSTRATION

POLICY

The Toronto Police Services Board's policy on political activity prohibits Toronto police officers from endorsing political candidates. It is the policy of the police board that:

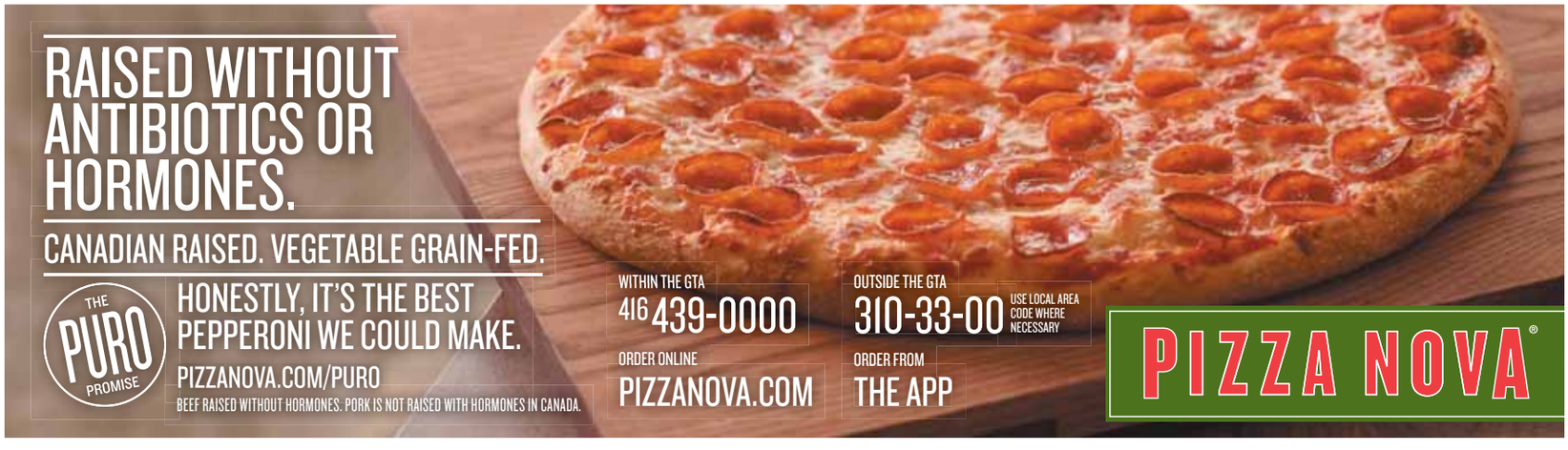
1. The endorsement or opposition of political candidates by municipal police officers is prohibited by the Police Services Act and its Regulations;

2. Members of the Toronto Police Association or its executive are subject to the Police Services Act and its regulations;

3. The Chief of Police will communicate with the Toronto Police Service each time an election campaign commences to reiterate that police officers are prohibited from using their status as police officers to endorse or oppose candidates during an election;

4. The Chief of Police will discipline any police officer who contravenes this policy.

SOURCE: TORONTO POLICE SERVICES BOARD POLICY, AMENDED NOVEMBER 15, 2010



Urban designers honoured

NXT CITY PRIZE

Aspiring innovators create the T.O. of tomorrow

Luke Simcoe
Metro | Toronto

For the aspiring urban designers being honoured at next week's NXT City Prize event, the Toronto of tomorrow is a city where you can meander along modular waterfront docks, prepare dinner next to your neighbour at a co-cooking space and play videogames in your local park.

Now in its second year, the NXT prize invites residents under the age of 35 to pitch ideas for re-shaping Toronto's public spaces.

"Toronto is a city full of talented, creative young people who are seeking this urban lifestyle downtown," said NXT City Prize organizer Mackenzie Keast. "We want to see that reflected in how the city is being built."

The 2015 finalists were announced this week, and include an urban farming project, a Ravine Line connecting sections of the Don Valley as well as an app that makes it easy to book public facilities.

The winner will be chosen by a panel of celebrity judges, including chief planner Jennifer Keesmaat, and announced at a gala event on Oct. 24.

The top prize is $5,000 in cash and the chance to work with the city's planning department to turn their idea into reality.

Last year's winner, Richard Valenzona, pitched a plan to remove two lanes of vehicle traffic from a portion of Yonge Street and build a pedestrian-centric boulevard. The idea is being studied by the city, and could be implemented within the next three years.

In addition to the grand prize, awards will be handed out in a number of other categories, including best app and a special prize for designers under the age of 18.

"It's for the next, next generation of city builders to get involved," Keast said.

Last year's NXT City Prize winner pitched converting two lanes of traffic on Yonge Street into a pedestrian boulevard. The project is being studied by city staff. KEITH BEATY/TORSTAR NEWS SERVICE

FINALISTS

The Urban Dock: Clint Langevin and Ya'el Santopinto, interns at ERA Architects in Toronto, pitched a series of modular docks to make the waterfront more accessible to residents, while highlighting the importance of the Great Lakes to the city.

Parks Toronto App: Trevor Duwyn's short-listed idea is an "augmented reality" smartphone app that turns navigating the city's park into a video game. Using the city's open data, it would help users locate parks and encourage green space exploration.

Food XRDS: Fourth-year Ryerson urban planning student Steven Ziegler describes his vision for an urban farm as a functioning facility with educational exhibits and a shared cooking space for use by local residents and aspiring food entrepreneurs.

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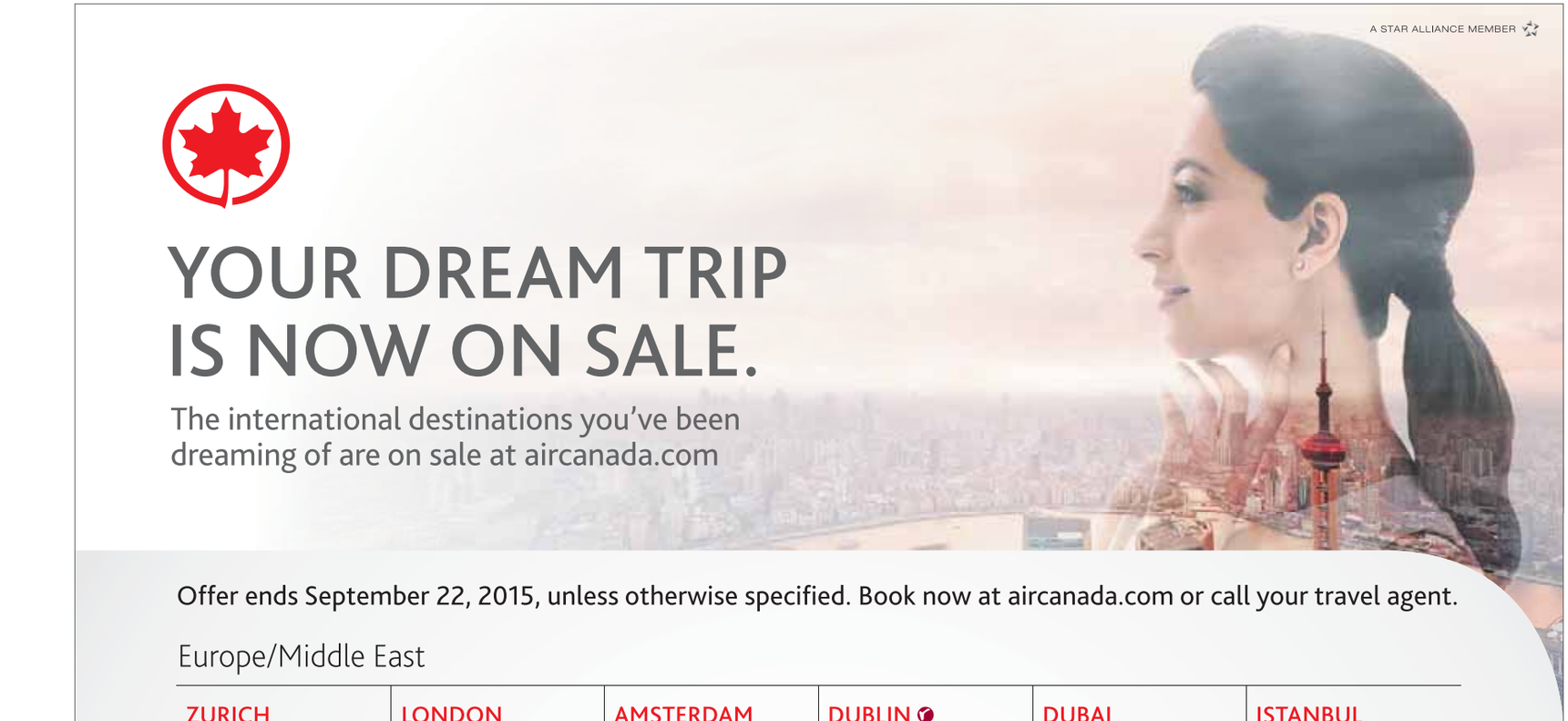

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Asia-Pacific

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Other flight restrictions and purchase conditions may apply. **Conditions:** Tickets must be purchased by September 22, 2015, unless otherwise specified. **Hong Kong (HKG):** Valid for departures on Mondays through Thursdays. 6-month maximum stay permitted. Valid for returning flights from HKG September 17, 2015 through December 31, 2015 or January 11, 2016 to June 30, 2016 or September 16, 2016 to December 31, 2016. **Shanghai (PVG):** 6-day minimum stay required; 3-month maximum stay permitted. Valid for return flights from PVG November 1, 2015 to December 31, 2015 or from January 13, 2016 to March 4, 2016. **Beijing (PEK):** 3-day minimum stay required; 3-month maximum stay permitted. Valid on return flights from PEK October 25, 2015 to December 31, 2015 or from January 11, 2016 to June 30, 2016 or from September 16, 2016 to December 31, 2016. **Seoul (ICN):** Valid for departures on Sundays through Thursdays. 6-month maximum stay permitted. Valid for returning flights from ICN October 26, 2015 to January 1, 2016 or from January 9, 2016 to July 11, 2016. **Tokyo (NRT):** Valid for departures on Mondays through Thursdays. 6-month maximum stay permitted. Valid for returning flights from NRT September 21, 2015 through January 1, 2016 or January 9, 2016 through June 9, 2016. **Tokyo (HND):** Valid for departures on Mondays through Thursdays. 3-month maximum stay permitted. Valid for returning flights from HND September 21, 2015 through January 1, 2016 or January 9, 2016 through June 9, 2016. **London (LHR):** A 7-day advance purchase applies. Minimum stay: Saturday night; maximum stay: 6 months. Advertised fares are valid Monday through Wednesday departures. **Dublin (DUB):** A 7-day advance purchase applies. Minimum stay: Saturday night; maximum stay: 6 months. Advertised fares are valid Monday through Thursday departures. **Rome/Istanbul/Delhi/Dubai (FCO/IST/DEL/DXB):** A 7-day advance purchase applies. 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Toronto first in line for big beer growlers

FOOD & BEVERAGE

LCBO to begin selling craft brews in refillable jugs

Jessica Smith Cross
Metro | Toronto

Growlers are set to make their first appearance at the LCBO.

On Thursday morning, the LCBO will be unveiling its new craft beer program at the flagship Summerhill store in Toronto, which includes a growler-filling station.

The half-gallon (approximately two-litre) refillable jugs of beer have long been a popular fixture of craft breweries, but haven't been available at the LCBO or Beer Stores.

It's the latest part of a larger modernization concerning craft beers, which has included adding 12-packs to a handful of LCBO stores in the province and plans to, at some point, sell beer at select grocery stores.

One of three Ontario breweries that will have beer in the LCBO's growler program when it launches Wednesday is Amsterdam, which has been selling growlers from its breweries for the past two years.

Morgan Wielgosz, a lead brewer with Amsterdam Brewery, said there are many positives with growlers — aside from being beautiful bottles.

"They're eco-friendly, so you minimize all the packaging that comes around cans and bottles," she said. "And the beer comes fresh from a draft system, so you're getting fresh poured beer."

Growlers should be kept refrigerated and opened soon after purchase, depending on the quality of the seal. The beer should be drunk soon after opening for the best taste. That's why some breweries won't sell their strongest stuff in growlers.
STEVEN GOETZ/FOR METRO

At most craft breweries, people can typically bring in their own growlers to be filled. In Amsterdam's case, they'll exchange a used growler for a clean one on the spot, and fill it with the draught of your choice.

In the LCBO, Amsterdam will be offering its Starke Pils, a 5.2% pilsner, Wielgosz said. The only beers that will be allowed in the program are beers that the LCBO isn't selling in bottles or cans, and customers will use an LCBO-branded growler.

The LCBO's plans for its Destination Craft Beer Zone at the Summerhill location show it taking over an area that used to be a Timothy's coffee shop. The zone includes taps, tastings, and shelf space for a range of craft beers.

There's no word yet if or when growlers will be offered at other LCBO stores.

Crafty and cool, too

Growlers have long been a way for drinkers to enjoy "skipping out the middleman of distribution and going right to the source," said Morgan Wielgosz a lead brewer with Amsterdam Brewery.

She said they typically allow people to get beers that brewers have only ever made in small quantities that aren't enough to bottle.

Toronto's Indie Alehouse in the Junction sells growlers and has a special annual growler club that's popular with local drinkers.

Each year, the brewery will offer a new custom growler — they've been ceramic and metal instead of the more common glass — and those who buy it get access to a wider variety of beers and discounts when they refill it.

Indie Alehouse owner Jason Fisher says growlers are seen as pretty cool and the LCBO getting involved may take something away from small craft breweries.

"There's definitely a novelty to it; for a long time you could only get it in a few places," he said. "Today there's 40 or 50 and if the LCBO jumps in, it may kill the cool, which would be a shame."

The Indie Ale House hasn't decided to participate in the LCBO's program for now, because they have no trouble selling all the beer they can produce.

BUT DOES IT REALLY GROWL?

What's in a name

There are a few different theories about why a growler's called a "growler."

According to the LCBO, the term dates back to the 19th century, when fresh beer was transported from local pubs to households using a galvanized pail.

"It is claimed that the sound the carbon dioxide made when it escaped from the lid as the beer sloshed around sounded like a growl, hence the name growler."

Indie Alehouse owner Jason Fisher said he's heard that name became associated with the half-gallon volume, because pouring the beer into the small hole at the top of the growler bottle will make it burp out air, making "burp" and "glug" sounds — but his brewery has a proper growler filler that doesn't growl.

One last theory, reported on Ben's Beer Blog, is that it may be named after the growling of factory workers' stomachs, which would be eased by a lunchtime delivery of beer.

JESSICA SMITH CROSS/METRO

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8 WAYS THE TTC COULD FILL ITS $99 MILLION BUDGET GAP

The Toronto Transit Commission is mulling several scenarios that could jack up fares in 2016. But before you panic or buy a skateboard, note that all the current rates could stay the same if the city just gives the TTC the money it needs to cover next year's estimated budget shortfall of $99 million on an operating budget of $1.8 billion. In a preliminary staff report submitted Monday to the city's budget committee, the TTC laid out eight options.

1 No fare increase

Cash fares haven't risen since 2010, when the adult rate went from $2.75 to $3 and the senior/student rate rose to $2 from $1.85. No fare increase would mean the city has to give the TTC the money it needs to make up the budget shortfall.

2 Increase all fare media by five cents and cash fares by 25 cents

This move would hike an adult Metropass from $141.50 to $144 when the five-cent increase is applied on a pro-rated basis, through a formula that estimates the number of trips taken times the price of a single ride. The TTC estimates this could increase revenues by more than $24 million.

3 Increase all fare media by 10 cents and cash fares by 25 cents

This could generate more than $36 million in extra revenue but threatens to cut ridership by three million.

4 Form a single cash fare of $3.25 for adult and senior/student categories

This, combined with a five-cent increase in media fares, could generate more than $29 million in extra revenue and simplify fare structure. It could also cut ridership by three to four million.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

5 Increase fare media by 10 cents and create a single cash fare of $3.25 for all rider categories

This could bring in $36 million to $41 million in extra revenue but drop ridership by four to five million.

6 Increase all fare media (excluding Metropass) by five cents and increase cash fares by 25 cents

This could increase revenues by more than $10 million.

7 Increase cost of Metropass by five cents per ride

This could raise more than $10 million.

8 Increase all cash fares by 25 cents

This could raise more than $6 million.

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Pan Am Games under budget: Wynne

POLITICS

Critics upset over bonuses for executives

Organizers of this summer's Pan Am Games say preliminary figures suggest the Toronto sporting event came in under its estimated $2.5 billion budget, but the final cost won't be known for up to a year.

"All indications are that there was a surplus, but I can't tell you how much that is because I haven't been told a number at this point," Ontario Premier Kathleen Wynne told a news conference on Wednesday. "It hasn't been finalized."

Wynne added it's her "understanding" there's money left over, especially on the capital side for construction of new sports facilities, meaning executives with the organizing committee will split $5.7 million in bonuses.

Former premier David Peterson, chairman of the TO2015 Organizing Committee, said the capital surplus for the Games, which wrapped up in August, was at least $56 million and possibly as much as $66 million.

"Our preliminary, unaudited statements are currently forecasting this modest budget surplus," he said.

The Progressive Conservatives expressed concerns about the lack of transparency in spending for the Games, and asked the provincial auditor general to conduct a full audit.

It's "worrisome" to see 53 Pan Am executives splitting $5.7 million in bonuses when Ontario has so many other more important priorities, PC Leader Patrick Brown said.

THE CANADIAN PRESS

Premier Kathleen Wynne, who was jogging in Toronto Wednesday, defended payouts. RICHARD BRENNAN/TORSTAR NEWS SERVICE

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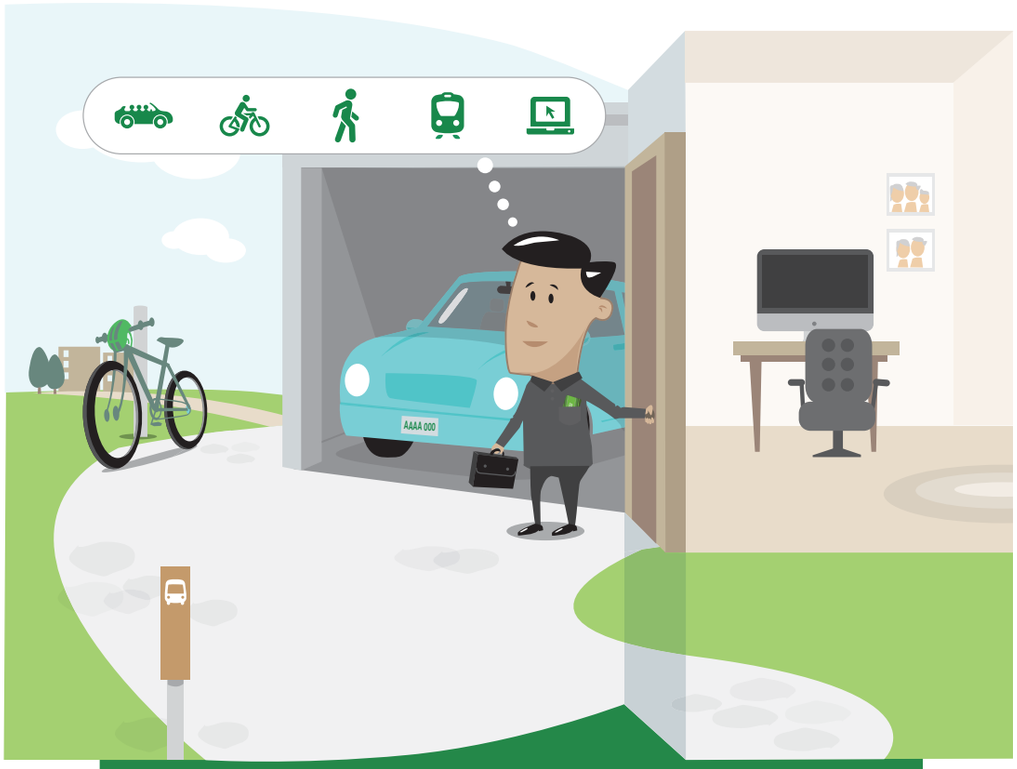

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SWITZERLAND

'Notorious' Toronto bank robber caught

A man police have described as Canada's most notorious bank robber — known for his technique of jumping over bank counters during his heists — has been arrested in Geneva.

The 53-year-old suspect — nicknamed "The Vaulter" — was intercepted by plainclothes police while he was driving a compact car on a Geneva street on Tuesday, and taken into custody without incident, Swiss police said Wednesday.

The French-American citizen, identified by Canadian police as Jeffrey James Shuman, had been sought under an international arrest warrant issued by Canada in connection with 21 bank robberies over the last five years.

The Canadian Bankers Association had offered a $100,000 reward for information leading to his arrest and conviction.

Geneva police spokesman Jean-Philippe Brandt said the man is being held pending extradition procedures.

Canadian police said the robber first struck in York Region in February 2010 and since then hit banks in Mississauga, Hamilton, Vaughan, Toronto and Ottawa, as well as some in Calgary.

A spokesman with York Regional Police said Shuman would only be formally charged once he was extradited to Canada. Those charges are expected to be robbery and firearms related, Const. Andy Pattenden said.

"We've described him as Canada's most notorious bank robber," said Pattenden. "It's been an ongoing, very lengthy investigation involving numerous police services."

Pattenden said Shuman is believed to have been living in France before he was arrested in Switzerland.

Police described him as athletic — jumping over bank counters like a hurdler while holding a handgun.

THE CANADIAN PRESS

The French-American citizen nicknamed "The Vaulter." THE CANADIAN PRESS

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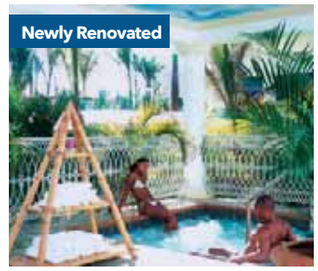

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T.O. home to baller breeding program

D-LEAGUE

Would-be Raps to train within sight of goal

Gilbert Ngabo
Metro | Toronto

Young talents aspiring to reach the NBA have a new source of inspiration — right in their backyards.

Raptors 905, the NBA Development League affiliate of the Toronto Raptors, will have its first open tryout Saturday at U of T Mississauga. More than 50 local youths have already registered to compete for at least five spots up for grabs.

Maple Leaf Sports and Entertainment finalized the purchase of the team earlier this summer, making the Toronto Raptors the ninth NBA team to fully own and operate its own development league affiliate.

Last season, Raptors D-League players were part of the Fort Wayne Mad Ants in Indianapolis, together with players from 12 other teams.

The farm-league team's arrival in the GTA is cause for celebration among young ballers aspiring to make it big.

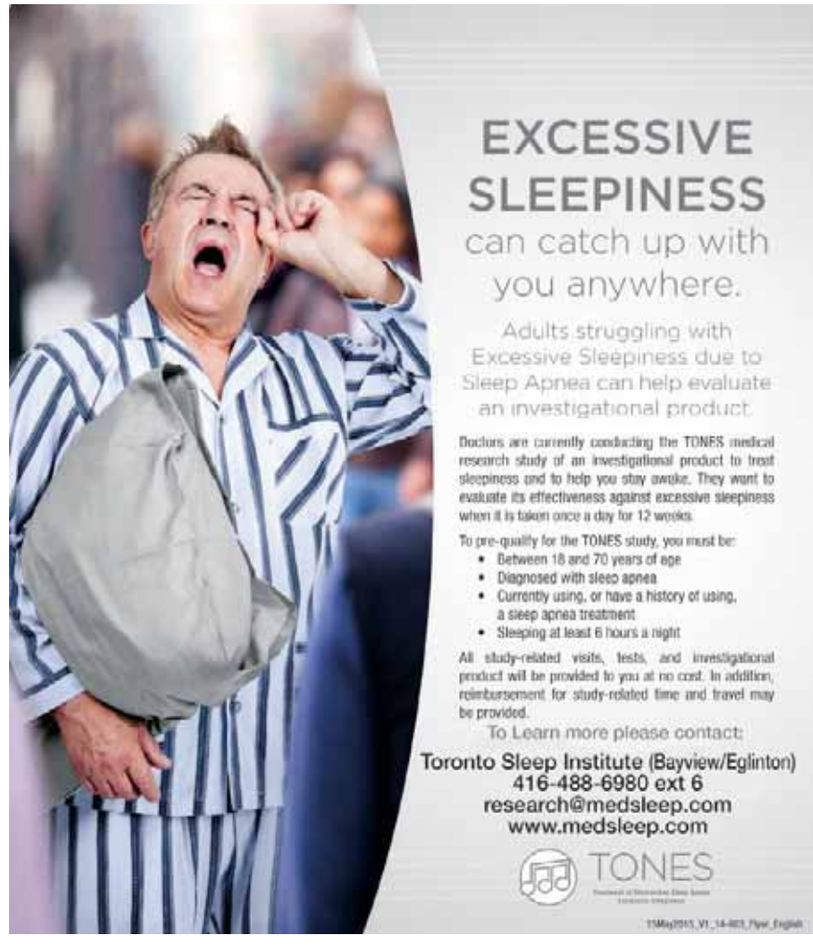
"The reality of their dream is coming right here, next to their door," said Billy Delfin, founder and coach of the Mississauga Knights Youth Basketball program.

"It's now left up to our players to work hard and be well-rounded because it will still be hard to make the selection," he noted.

About 17 players will be invited for the Raptors 905 training camp, giving them a chance to show their skills in front of NBA scouts. The number will be trimmed to a maximum of 12 before the beginning of the NBA regular season in late October.

The wave of young talent produced in the GTA — the likes of Andrew Wiggins, Cory Joseph and Tristan Thompson — is reason to hope for more, said Dan Tolzman, Raptors 905's general manager.

"Everyone sort of knows that the game of basketball is growing so much in Canada," he said, adding the region is now on the radar of NBA scouts. "Having the D-League in this hotbed of basketball will serve as another avenue for young players to shoot for their dreams."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TONES

Toronto playwright Jill Connell was inspired, by a personal event in her life, to write The Supine Cobbler. CONTRIBUTED

Revealing hidden side of abortion

SOCIAL ISSUES

Writer brings solitude of experience to the stage

Gilbert Ngabo
Metro | Toronto

Writer and director Jill Connell was 31 and fresh out of the National Theatre School when she had an abortion.

She had worked as a volunteer at the Morgentaler Clinic and Planned Parenthood in Ottawa and knew she was making the right decision, with integrity. But it affected her in a way she'd never imagined.

"It really came to me that this was a real event, yet something that we don't discuss in our society," she said, adding the experience can make one feel like an outlaw. "I just felt quite like an outsider to my own femininity."

Now, as a playwright, she's bringing her experience to the stage.

The Supine Cobbler, premiering this week in Toronto, is an exploration of how society perceives issues surrounding abortion. It's an attempt to expose how women make the decision to have an abortion in consideration with their relationship to others in society but actually have to go through the experience alone.

For Connell, having an abortion made her feel as if she operated against social standards of motherhood. Despite support from family and friends, there was still a sense of solitude.

"This is a common procedure, but you definitely realize that you can only do this alone, and it happens to your body," she said.

The emphasis in the play is on showing that, though abortion has been legal in Canada since 1989, it may still exist on the margins of what's considered acceptable feminine behaviour, Connell said.

"I hope the play gives people more insights about the experience," she said. "Perhaps people can start talking about it more, and make it feel less shameful."

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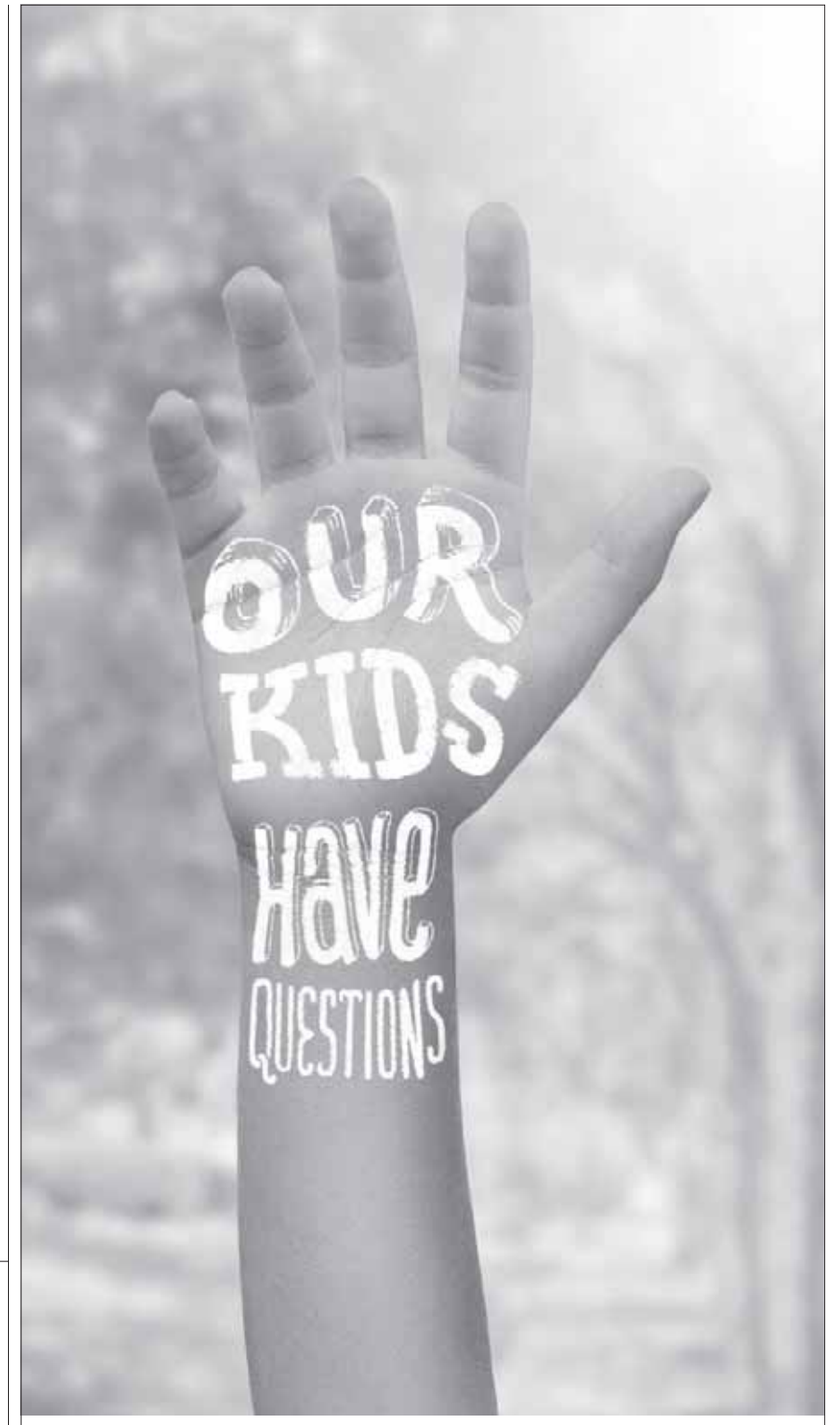

They face new challenges every day. The sex ed. and health curriculum can help. The first updates since 1998 will help parents and teachers give kids the skills they need to stay safe. Find out what kids will learn grade by grade at ontario.ca/hpe.

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Ontario

Revealing the healing magic of mushrooms

STUDY

Fungi chemical psilocybin can help elderly with anxiety

Jessica Smith Cross
Metro | Toronto

The main active chemical in magic mushrooms has been illegal under international law since 1971. THE ASSOCIATED PRESS

Drug advocates and medical experts will be gathering in Toronto to discuss the potential health benefits of magic mushrooms.

The event, slated for Sunday at the Centre for Social Innovation, is part of a worldwide day of action organized by the 920 Coalition. The Toronto event is being organized by Canadian Students for Sensible Drug Policy.

CSSDP co-chair Gonzo Nieto said the event is meant to bring attention to the medicinal and spiritual effects of psilocybin mushrooms and counteract stigma around their use.

"The 920 Coalition, a couple of months ago, came out with the idea to make Sept. 20, like 420 is for cannabis, for psilocybin mushrooms," he said. "Now, there are 22 events happening worldwide in Canada, the U.S. Mexico and Australia."

One of the Toronto speakers will be Wende Wood, a pharmacist who worked at the Centre for Addiction and Mental Health (CAMH) for 13 years.

Compared the volume of research done on marijuana, there has been very little on psilocybin, but what has been done has been promising, Wood said.

One well-known study cited by Wood found the drug led to lasting personality changes in subjects, many of whom reported feeling closer to God.

"The headlines were, 'God in a pill,' and that was kind of pushing it," Wood said. "The most important thing was it showed we can, under the right conditions and the right researchers, study this stuff ethically and responsibly."

Wood said other researchers are examining the impact of psilocybin on end of life care.

Scientists in California found supervised trips on psilocybin helped some terminally ill patients come to terms with their mortality and lessen their anxiety about death, she said.

Wood hopes that after hearing her talk on Sunday people will realize that just because a drug is illegal doesn't mean it can't be beneficial in certain cases.

SCARBOROUGH BLUFFS

Girl dies after trying to save her brother

The 12-year old girl rushed to the hospital in life-threatening condition after a near-drowning at Scarborough's Bluffer's Park on Sept. 5 died last Wednesday at Sick Kids Hospital, according to Bernardo Funeral Homes.

Anelle Maegan Bagalacsa was described as "a brave and cheerful girl who fearlessly tried to save her younger brother drowning," according to her family.

Her eight-year old brother was also rushed to the hospital in critical condition. On the day of the incident, the children's cousin, Alyssa Borromeo, 15, said she tried to help her cousins, but the current pushed them further from the shore, where she was forced to pull out to save herself. "I didn't know if I was going to survive," said Borromeo.

Anelle Maegan Bagalasca was just 12 years old GO FUND ME

Visitations for Bagalacsa were held at Bernardo Funeral Homes's Dufferin St. location Sept. 12 and 13 and a service was held at St. Thomas Aquinas Church Monday. A GoFundMe page has been set up to pay for her funeral. TORSTAR NEWS SERVICE

IN BRIEF

Man arrested after shots fired during stolen car chase

One man was arrested after a stolen car chase through downtown Toronto where shots were reportedly fired ended in the Distillery District Wednesday afternoon.

There were reports of shots fired during the chase but no injuries were reported.

TORSTAR NEWS SERVICE

4 years of surpluses: NDP

ELECTION 2015

Repealing fuel subsidies one way to keep books in black

$3.7B

The NDP says it will hike the corporate tax rate by two points to 17 per cent, bringing in an extra $3.7 billion a year in revenue.

The NDP is promising four years of surplus budgets, using the proceeds from cancelled Tory tax breaks for individuals and a higher corporate tax rate to fund its election platform.

New Democrats rolled out the numbers behind their election platform at a news conference in Ottawa Wednesday afternoon.

The NDP plan commits to a surplus of between $3 billion and $4 billion in the period 2016-17 and 2019-20, the first term of a government elected Oct. 19.

To keep the books in the black, the NDP says it will hike the corporate tax rate by two points to 17 per cent, bringing in an extra $3.7 billion a year in revenue.

The party also expects to get a further $2.2 billion a year by rolling back the Conservatives' income-splitting plan, although the NDP says it will preserve income-splitting for seniors.

That amount also includes savings realized by repealing the Tories' pledge to double savings limits for tax-free savings accounts. Instead, the NDP says it would keep the TFSA saving limit at $5,500 a year.

The NDP says it would reap other savings by repealing "fossil-fuel subsidies," worth $240 million a year, and closing what it calls stock-option loopholes, worth $500 million a year.

The NDP released its plan in anticipation of Thursday's leaders' debate, which is focused on the economy.

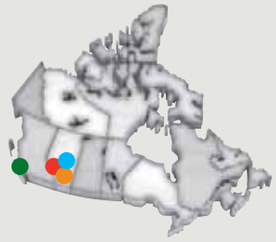
However, it contained few specifics about the initiatives the party has its eye on pursuing, and identified only broad categories where spending was planned.

An official said that two-thirds of the platform had been released and that future campaign promises would fall within the spending outlined in the fiscal plan.

TORSTAR NEWS SERVICE

NDP leader Tom Mulcair will take part in a debate on the economy on Thursday in Calgary. SEAN KILPATRICK/THE CANADIAN PRESS

WHERE THE LEADERS ARE THURSDAY



- **Stephen Harper** will be in Calgary.
- **Justin Trudeau** will be in Calgary.
- **Tom Mulcair** will be in Calgary.
- **Elizabeth May** will be in Victoria, B.C.

REFUGEE CRISIS

Security, screening a priority: Kenney

Conservative Jason Kenney insists the federal government will soon release details on how it plans to accelerate the intake of 20,000 Iraqi and Syrian refugees but warns there are security matters that take precedence.

The party dispatched Kenney, the defence minister, to respond to a number of issues as Conservative Leader Stephen Harper prepared for Thursday's leaders debate on the economy.

Kenney offered a spirited defence of the government's response to the refugee crisis amid calls that it needs to act faster and accept more people.

He said he has met individuals in refugee camps who told him they have relatives fighting a jihad against Syrian President Bashar Assad.

"I do not mean to suggest for a moment that all or most of the people in the camps are connected to terrorist organizations or constitute a security risk but it is plainly evident that some do," Kenney told reporters in Calgary on Wednesday.

"It would be imprudent in the extreme to pretend otherwise, as Mr. Mulcair and Mr. Trudeau appear to be doing."

NDP Leader Tom Mulcair has promised to resettle 10,000 Syrian refugees by the end of this year and another 9,000 annually for the next four years. Liberal Leader Justin Trudeau has vowed to bring in 25,000 Syrians by the end of the year.

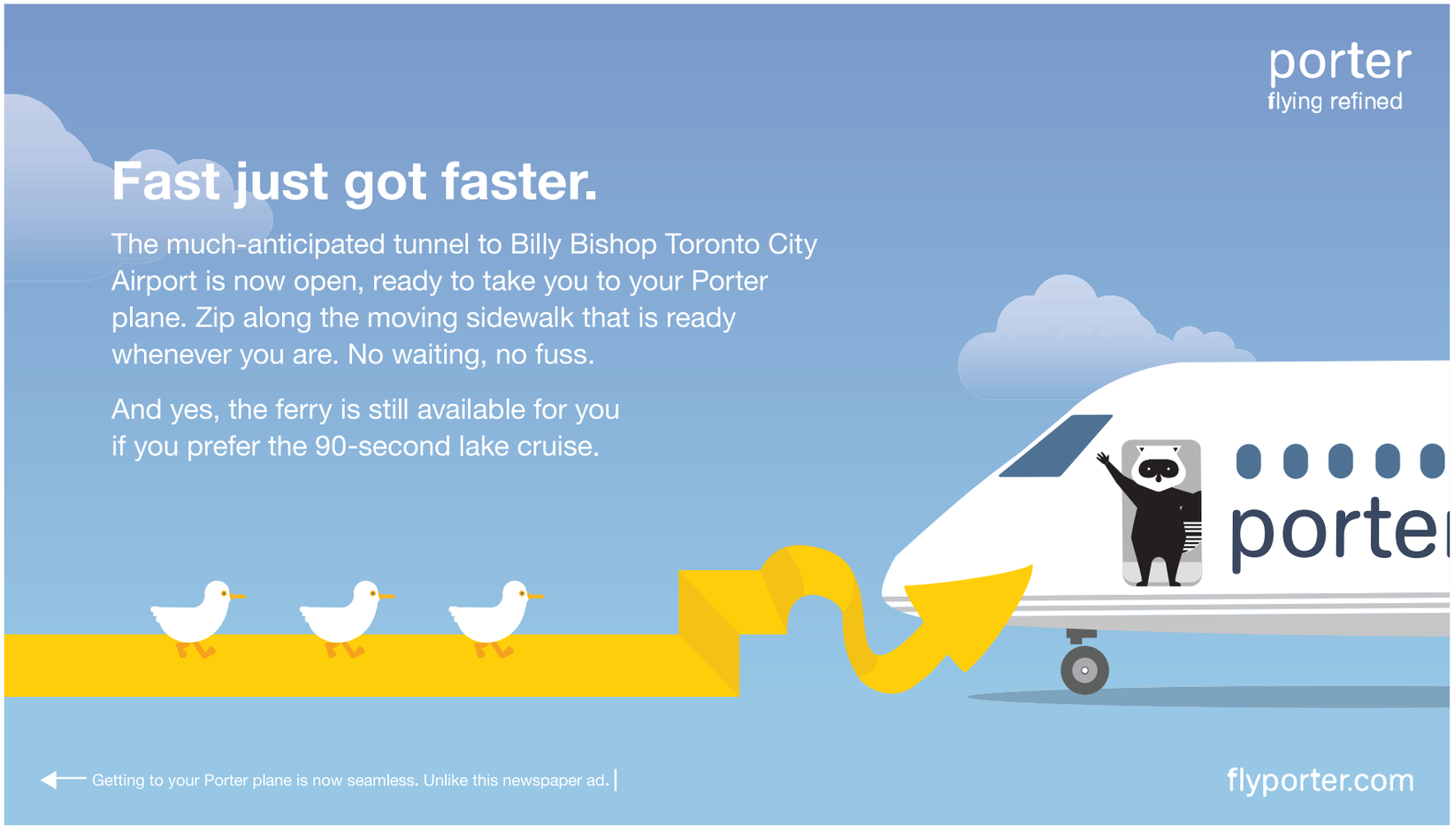
Kenney also rejected suggestions that Canada should consider airlifting people out of refugee camps since many minority groups are often targeted by militants and might choose instead to live in the slums or with extended family members.

He shrugged off advice from Rick Hillier, the former chief of the defence staff, who said Canada needs to do more and should bring in 50,000 refugees by year's end.

"People are picking numbers out of a hat," Kenney said. "At the end of a day, we have to have a manageable number so we can apply the appropriate screening and focus on the most vulnerable."

Kenney's comments come a week after Harper said the government will unveil "in the very near future" its plans to speed up the acceptance of refugees.

THE CANADIAN PRESS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Officer knew killer: Police

CATHERINE CAMPBELL

Man in custody, investigators not looking for other suspects

Zane Woodford
Metro | Halifax

Halifax police say they're treating the homicide of Truro police Const. Catherine Campbell as they would any other.

"Every homicide is serious, every homicide has devastating consequences for the people involved, and this is no different," said Supt. Jim Perrin at a news conference Wednesday morning.

Late Wednesday afternoon, police had a man in custody, but had yet to lay charges, and couldn't say when that might happen.

"We have one person in custody. We're not looking for any other people at this time, but obviously that could change; the situation is very fluid," Perrin said.

Campbell's remains were found at 12:10 a.m. Wednesday on Barrington Street, underneath a ramp leading up to the Macdonald Bridge.

Const. Catherine Campbell's remains were found Wednesday on Barrington Street, beneath a ramp leading up to the Macdonald Bridge. CONTRIBUTED

Just over an hour later, at 1:20 a.m., police pulled over a vehicle in Clayton Park and arrested a 27-year-old man.

Perrin said police believe Campbell knew the man, who he said had "limited police involvement."

"We're still exploring the details of the relationship," he said.

"We believe they know each other. We don't know how long they've known each other for."

Campbell was last seen at a downtown Halifax bar in the early hours of Friday morning, though Perrin would not say which bar it was.

Before Wednesday's news conference, it was believed Campbell was last seen on camera going into her apartment, but that had changed as the investigation went on and Perrin said the chain of events wasn't set in stone yet.

> **"We believe they know each other. We don't know how long they've known each other for."**
> Supt. Jim Perrin

A timeline is critically important, and that's one of the things we're working on," he said.

Campbell was reported missing Monday morning when she didn't come into work in Truro — something her family said was completely out of character.

By all accounts, Campbell was a dedicated police officer, and Perrin said police do not believe her line of work — or anything she may have been investigating — was a factor in what happened to her.

"Catherine Campbell did nothing to cause what happened to her," he said

"Our focus is on what did happen and ensuring that the person responsible is brought before the courts."

HAILEY DUNBAR-BLANCHETTE

'She was my baby': Mom in mourning

The mother of a two-year-old girl killed in southern Alberta broke down in tears after an old friend of hers was charged with first-degree murder in the case.

Cheyenne Dunbar said she has no idea why someone would want to harm her daughter, Hailey Dunbar-Blanchette.

"She was my baby," Dunbar told reporters outside the Blairmore RCMP detachment Wednesday morning. "I don't know why anybody would do this to her."

RCMP say Derek James Saretzky faces two counts of first-degree murder in the deaths of Hailey and her father Terry Blanchette.

"Mr. Saretzky also faces one count of indignity to a human body in relation to Hailey's death," Supt. Tony Hamori said.

RELATIONSHIP

Police have said Derek James Saretzky and Terry Blanchette were acquaintances, but Cheyenne Dunbar didn't know how they knew one another.

The girl's body was found Tuesday near Blairmore and her father's body was discovered in a home in the town on Monday. Hailey was the subject of an Amber Alert that stretched across Western Canada and into the United States.

Blanchette and Dunbar were separated, but Dunbar, who lived in Blairmore but recently moved to Edmonton, said the two maintained a good relationship and both cared for the girl.

Dunbar, 20, said Saretzky, 22, was an old friend of hers, but they never dated as some reports have suggested. She said both she and police are baffled by the killings.

She said she hadn't spoken to Saretzky in years and had forgotten about him.

"When I knew him he was a great kid. That is all I know," she said. "We were friends, we hung out every once in awhile ... There was never any madness." THE CANADIAN PRESS

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Spain takes refugee tripped by journalist

metro The Syrian Crisis
The goal

Madrid soccer academy sponsors former coach

The Syrian refugee who was tripped at a border hotspot by a Hungarian journalist in an incident that generated global outrage is moving to a Madrid suburb after a Spanish soccer academy offered to help rebuild his life, an official with the school said Wednesday.

Osama Abdul Mohsen and his small son Zaid arrived by train in Madrid Wednesday, said Luis Miguel Pedraza of the CENAFE school that trains soccer coaches. One of the school's coaching graduates who speaks Arabic was on the train with them.

Syrian Osama Abdul Mohsen holds his son as they arrive at the Barcelona train station on Wednesday. THE ASSOCIATED PRESS

Mohsen was captured on video carrying his son when camerawoman Petra Laszlo tripped him and sent him tumbling to the ground in a field full of other migrants running from authorities near the Hungarian village of Roszke.

He ended up in Germany, where media reports revealed he had been a soccer coach in Syria. The school then convinced him to come to Spain, where he will stay for now in an apartment near the school's training facility in the suburb of Getafe.

The school wants to find Mohsen a job in Spain's vast soccer training sector but he speaks only Arabic plus a little English and would need to learn Spanish, said Pedraza, a former national level soccer referee.

"The first thing is to get him settled," Pedraza said. "First we're giving him a hand as a humanitarian gesture. Later we'll look for something. He's interested in our school."

The school also plans to help Mohsen apply for asylum in Spain.

The country last week agreed to take 17,680 refugees from Syria and other countries under a plan set up by the European Commission.

Laszlo was fired from her job at the right-wing N1TV online channel after footage was aired of her tripping Mohsen and kicking other migrants. THE ASSOCIATED PRESS

NATURAL DISASTER

Strong earthquake rocks Chile's capital

A powerful magnitude-8.3 earthquake hit off Chile's northern coast Wednesday night, causing buildings to sway in the capital of Santiago and prompting authorities to issue a tsunami warning for the Andean nation's entire coast.

Officials reported one death in a town north of the capital and heavy waves and flooding in a handful of coastal cities.

The tremor was so strong that people on the other side of the continent, in Buenos Aires, Argentina, reported feeling it.

Officials ordered people to evacuate low-lying areas along Chile's Pacific shore, from Puerto Aysen in the south to Arica in the north. Fishing boats headed out to sea and cars streamed inland carrying people to higher ground. Santiago's main airport was evacuated as a precaution and authorities announced classes would be suspended in the port city of Valparaiso on Thursday.

Chile state TV showed water flowing in streets of Concon, a coastal town known for its beautiful beaches that is close to Valparaiso. Higher water was also seen in other cities but no destructive high waves.

Authorities said some adobe houses collapsed in the inland city of Illapel. Its mayor, Denis Cortes, said a woman had been killed in the city. THE ASSOCIATED PRESS

IN BRIEF

Rivals can't dismiss Trump
Donald Trump's unexpected durability has led some of his Republican rivals to shift their strategy for the second debate. Their goal has been to engage Trump, without inflicting any damage on their own campaigns. The change reflects an evolution in the way Trump is viewed within the party. No longer dismissed as a summer fling, Republicans increasingly see him as a candidate who could remain atop the field for months. THE ASSOCIATED PRESS

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School Safety Zone

Tips on how to Keep an Eye Out for Kids

School zones are busy spots and there's a lot going on and a lot to look out for as a driver.

Watch for school zone signs

No one expects you to know where every school is, but you are expected to watch for the signs letting you know when you're entering a school zone.

Reduce your speed

Speed limits around schools are always lower—slow down and obey the posted speed limit. The speed limit around schools is lower for a reason, so drive slowly because speeding in a school zone is strictly enforced.

Do not pass a stopped school bus

Never pass a stopped school bus when its red lights are flashing—no matter what direction you're travelling in. Disobeying this law comes with hefty consequences. Then there's the impact it'll have on your car insurance; this ticket is considered a major offence and will result in a major increase in your insurance premiums.

Do not pass other cars while in a school zone

No matter how slow the car is going ahead of you, do not pass it in a school zone. It's simply dangerous.

Obey the crossing guard

Obeying the crossing guard is not optional and disobeying comes with hefty fines. All vehicles must come to a complete stop and remain stopped until the children, and the crossing guard, are safely off the road. In Ontario, the ticket starts at $150 and three demerit points.

Common sense rules

Don't drive distracted. Always check for pedestrians when you're backing up, and keep in mind that kids could be present on any side of the vehicle. Avoid making U-turns as well. Be patient, and be ready to stop at all times.

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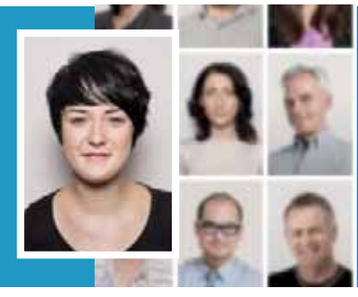

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IN BRIEF

OECD sees lower growth
The OECD has lowered its estimate for Canada's economic growth this year to 1.1 per cent – down 0.4 of a percentage point – as weakened conditions in recent months affect many countries around the world.
The Paris-based economics organization says that lower prices for oil, coal and metals are hampering countries that depend heavily on commodity exports, such as Canada and Australia. It has also lowered its estimate for Canada's economic growth next year to 2.1 per cent, a decline of 0.2 of a point from the OECD's forecast in June. THE CANADIAN PRESS

La Presse ends print run
Montreal La Presse says it will end the weekday printing of its daily newspaper in the new year, nearly three years after introducing its free digital tablet edition.
The print edition of the French-language paper will only be available on Saturdays after Jan. 1, the newspaper said Wednesday.
La Presse president and publisher Guy Crevier says that 30 months after the launch of La Presse Plus, the digital edition is more successful than the 131-year-old print edition. He says more than 460,000 people read the digital paper weekly.
THE CANADIAN PRESS

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Dax Dasilva, CEO of Lightspeed, in his Montreal office Tuesday. PAUL CHIASSON/THE CANADIAN PRESS

Retailers get lifeline

TECHNOLOGY

Montreal firm says it can help companies get into digital age

A Montreal tech company with big ambitions for global growth says it has an inexpensive solution for restaurateurs and other retailers looking to thrive in the digital age.

Lightspeed says its cloud-based software system can assist mid-sized retailers and restaurants manage inventory, take orders, process payments, analyze customer shopping patterns and develop an e-commerce presence.

> **They need somebody ... help them be four people at once.**
> Dax Dasilva

Founder and CEO Dax Dasilva says Lightspeed's customers average $600,000 a year in sales per location, and up to 50 stores.

For a monthly fee that can start as low as $76 a month, they can access Lightspeed software and apps either from mobile devices like iPads or older desktop computer systems.

Running a business is much more complicated than it was 20 years ago, Dasilva said. Business owners not only need to have strong in-store offerings — they also need a strong online and social media presence.

"So in order to be this modern independent retailer … they need somebody on their side to build systems that will help them be four people at once," the 39-year-old Vancouver native said.

Founded in 2005, Lightspeed is doubling its business annually. It already has 25,000 customers in more than 100 countries, including about 1,500 restaurants, that process $10 billion worth of yearly transactions.
THE CANADIAN PRESS

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Heard it through the grapevine: Australian geographers spark debate by finding that 21 distinct indigenous folktales transmitted orally for 7,000 years describe a real climatic event.

CHANTAL HÉBERT: ON THE DISTINCTLY CENTRIST NDP

“It is hard to connect enough dots to get a solid take on the big picture of the first NDP government. Reading between the lines, it hardly looks worth the 60-year wait of the Canadian left.

Jim Flaherty could have signed off on the fiscal framework the NDP presented on Wednesday. It borrows more from the late finance minister’s budgets than it offers original content — at least at the front end of a New Democrat federal mandate.

That starts with the tax-cutting infrastructure Flaherty put in place over his near decade as Stephen Harper’s finance minister. Under a federal government run by Thomas Mulcair, its main pieces would remain untouched, and with them the toll they take on the federal government’s capacity to finance programs.

The recent doubling of the annual contribution to a tax-free savings account would be reversed, but the concept itself would be retained, as would the Conservative income-splitting plan, inasmuch at it applies to seniors.

The two-point cut in the GST; the universal child benefit — as recently enhanced by Flaherty’s successor Joe Oliver — would also be there to stay.

The NDP would reverse the decline in the corporate tax rate, but at 17 per cent instead of the 15 per cent that it would remain over the average maintained under Flaherty.

As promised by Mulcair, the NDP, according to its fiscal framework, would deliver balanced budgets and, possibly, a surplus for every year of a full mandate — for a cumulative total of more than $14 billion.

The price that the New Democrats are willing to pay to beat the Liberals on the deficit front and the Conservatives at the surplus game is on the front of activism.

At least over the first few years, Canadians might not see much difference in the level of federal engagement on the social front.

There would not be a lot of money in the first years to lure the provinces into buying the ambitious national child-care program that is a centrepiece of Mulcair’s platform.

The promise to maintain the increase in the yearly health transfer at six per cent once the current arrangements run out in 2017 would come with strings attached for the provinces.

The extra money would be conditional on implementing the NDP’s agenda for — among other items — more palliative and long-term care, the recruitment of more doctors and the opening of more primary care clinics.

The multi-year commitments to public transit and municipal infrastructure look modest when they are unbundled in annual installments.

On Wednesday, party spokespeople described the commitment to raising Canada’s contribution to foreign aid to 0.7 per cent of Canada’s gross national product as “aspirational.”

By all indications, Mulcair’s pledge to balance the books is doable. Fulfilling his more ambitious promises could turn out to be another story. In many instances, one would not know until a second NDP mandate.

As for the political algebra that is behind the party’s fiscal choices, many questions remain.

A two-per-cent hike in the corporate tax rate may sound modest, but that does not mean it will be well received. In a rare show of agreement, the Conservatives and the Liberals instantly predicted that it would result in significant job losses.

At seven pages — including pictures — the NDP handout fell well short of a detailed platform or even a précis of one. According to the New Democrats, that’s because some of the measures the party has already factored in its spending plans have not yet been announced.

Still, as fiscal plans go, this one was on the light side. Most government or corporate business plans do not tend to list spending categories under headings such as “Help Where it’s Needed Most.” For those who wonder, the NDP would throw about $3 billion over four years in that generic pot.

Given all of the above, it is hard to connect enough dots to get a solid take on the big picture of the first NDP federal government. But reading between the lines of the fiscal framework, that government hardly looks like it was worth the sixty-year wait of the Canadian left.

By comparison, the manifesto published earlier this week by a group of high-profile activists comes across like a prescription for a revolution.

Some of its leading signatories have long-standing ties to the New Democrats. It is hard to imagine that they inhabit the same planet as Mulcair’s NDP.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: Antibiotic use doesn’t MOOve

Chicken farmers have flocked to the antibiotic-free trend: Consumers are demanding it, and for producers it means reduced costs and a lower chance of creating scary super-bugs. But ranchers raising cows seem to have less of a beef with the idea of loading animals up with antibacterial medicines. They haven’t significantly reduced their use. The price of red meat hit historic highs this year, topping at an average of $6 per pound in July — and why change when things are going so well? Though organic beef sells for about 80 per cent more, making the switch takes upfront investment, paperwork and risk. As livestock goes, cows live for a pretty long time , and that means more opportunity for nasty bugs to spread through the herd. SOURCE: GRUB STREET

metroview

We can’t define ourselves by our borders anymore

Michael Coren
For Metro

Tears are not enough. To be more specific, a few days of emotion over an iconic photograph of a little boy who died as his parents fled Middle Eastern anarchy and violence for western stability and peace will not solve anything at all. Worse than this, it tends to make us feel comfortable in our sorrow, as though a passing concern puts matters right. It doesn’t.

The solution to the entire migrant issue and what will be the ongoing mass movement of refugees and transient populations is a profound rethinking of what we mean by nation, citizenship and identity. We need to do this in North America, but in Europe it is even more necessary and even more challenging.

All of us live in community, and if a nation is anything at all, it is a collective of disparate individuals rather than a cookie-cutter assembly of men and women of the same kind and with the same passport. We should be defined not by how firmly we lock the door, but how widely we open it.

This continent is more experienced and comfortable with mass immigration. The United States, for example, once considered adopting German as a second language because of the enormous numbers of German immigrants. It’s facing similar discussions now with Spanish. Canada was once largely Protestant, but is now more than 40 per cent Catholic. Ontario was solidly Anglo-Celtic, but Toronto is now the most multicultural city in the world. And in spite of what the usual suspects say, it works.

Much of Europe, however, still thinks in loose terms of race and nationalism. This is not to say that European countries are reactionary or racist — mind you, in Hungary and parts of Eastern, central and even Mediterranean Europe there are some troubling indications — but that to most Europeans, the future of their country is based on the past, and not some potential that requires change and adaptation.

Yet with social media and television, most cultural boundaries disappeared some years ago. Economic and trade barriers are increasingly redundant. And religious dominance by one particular faith is, for most of us, a historical footnote.

I realize, of course, that the new wave of migrants is different from that of the past. At the moment they’re mostly Arab or Afghan, and that enables many toxins — racist toxins — to be pumped into the bloodstream of the body politic. Let’s not be disingenuous: Newcomers are seldom welcomed, and whenever there is an excuse to reject or even hate, some people will find it. The latest empty warning is about terrorism and fundamentalism. We have to do better than that. Change is hard, but change is essential.

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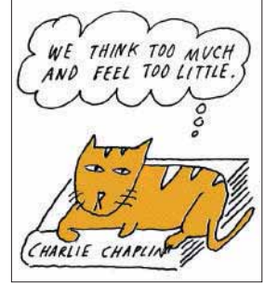

metro LIFE

Quilt gifted to Maya Angelou by Oprah fetches $461,000

And now we turn to Oscar

TIFF 2015

Award buzz begins as the festival draws to a close

Ned Ehrbar
Metro | TIFF

Michael Keaton, left, could grab an Oscar nomination for his turn in Spotlight. CONTRIBUTED

The Toronto International Film Festival is practically the official kick-off of awards season, with many movies debuting at TIFF looking to go on and dominate the Oscars race.

So how has this year's crop fared as far as potential awards glory? Some might say it's too early to speculate, but what's the fun in that?

Based on critical and audience reactions overheard at TIFF parties, on the streets and on Twitter, there are only a few real promising standouts — chief among them the highly acclaimed Spotlight and Room.

The former could see Michael Keaton getting another chance to take on Eddie Redmayne in the best actor race, while the latter's Brie Larson has suddenly shot to the front of a fairly crowded best actress contender field.

Speaking of Redmayne, his work in The Danish Girl should just about guarantee him a second nomination — and possibly another win — but his co-star, Alicia Vikander, is where voters should really be looking.

Alicia Vikander
GETTY IMAGES

Less of a guarantee is last year's best actress winner, Julianne Moore, whose TIFF film Freeheld has not been getting great responses at the festival. And her film isn't the only entry that failed to meet the expectations facing it as it arrived in Toronto.

David Gordon Green's Our Brand is Crisis and Jay Roach's Trumbo seem to have let a lot of people down, but Trumbo could still get some love — at least from the Golden Globes — because of voters' affection for both movies about Hollywood and star Bryan Cranston.

And while About Ray features some fantastic work from Naomi Watts and Elle Fanning, the Weinstein Company's sudden decision to move its release date from this week to who-knows-when tells you all you need to know about their confidence in it as an awards season player.

As far as any of the films' best picture chances, a lot of that will have to do with which takes home the coveted People's Choice Award this weekend.

Several past winners have gone on to take the big prize, including Slumdog Millionaire, The King's Speech and 12 Years a Slave, while other years' winners like Silver Linings Playbook, Precious and last year's The Imitation Game went on to earn Oscars in other categories.

Brie Larson
GETTY IMAGES

While it's not a sure thing, the producers of whichever film nabs the honour — like, say, Spotlight — are probably going to need to make sure their tuxes and gowns are cleaned in time for February.

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WAITING TO WATCH WHOSE LINE IS IT ANYWAY?

TIFF lines, like the one often seen snaking down Yonge Street around Shuter all the way to Victoria, are famous for running up to 1,000 people deep. Metro chats with festival attendees waiting to scramble for good seats at The Elgin and Winter Garden Theatre, and asks them to provide readers with some reel-time recommendations. **PHOTOS AND TEXT BY LIZ BEDDALL, METRO TIFF**

Mary Rhodes and Regina Sawh

We're in line for: Septembers of Shiraz

Quoted: "I cannot lie, I was here at 10:30, and the movie we're going to see is at 1:30. It is nice to just come in and pick your seats. An aisle seat is ideal." - Rhodes

Favourite film seen so far: Rhodes: Brooklyn
Sawh: Spotlight

Alyssa Tanz and Tara Disenhouse

We're in line for: Septembers of Shiraz

Quoted: "I'm a student. I'm working part-time so I'm actually seeing this, going very quickly to do a shift somewhere, and then seeing another movie. This is our first film of the festival." - Tanz

Films that have been recommended to you: :
Tanz: Demolition
Disenhouse: Je suis Charlie.

Amir

I'm in line for: Septembers of Shiraz

Quoted: "I showed up about 30 minutes ago. I know the line is very long. This is my first film that I'm going to see. I can relate to because it's based in Iran, which is my background."

Films that have been recommended to you: Legend

Dru Jeffries

I'm in line for: Ma Ma

Quoted: "I just got here. I just walked out of another theatre — saw Anomalisa. So far I think I've seen about 10 or 11 films."

Favourite film seen so far: Anomalisa, Love or Girls Lost

Worst film you've seen so far: London Fields

Marghi

I'm in line for: Ma Ma

Quoted: "I'm from San Antonio, Texas. I'm here with my mom for the festival. It's my first time — it's been great so far."

Favourite film seen so far: Zoom

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A tale of two TIFF parties

TIFF Party insider

LaBeouf makes a goof, stage mom not aloof

Jessica Allen For Metro

Shia LaBeouf toppled a tray of Grey Goose cocktails held by a server when he arrived at Soho House. And no, the actor-and-sometimes-contemporary-artist wasn't wearing a paper bag over his head. It's just a tight corner.

LaBeouf was there to toast Man Down's North American premiere at TIFF. Although Variety was less than kind in their review of the post-apocalyptic thriller after it played in Venice, they praised LaBeouf's performance of a devastated and afflicted marine — even comparing it to the likes of Marlon Brando and Montgomery Clift.

After the symphonic crash of the crystal, which could've happened to anyone, LaBeouf made his way to a circular booth to join co-star Kate Mara.

He drank water (I couldn't determine if it was still or sparkling) while they chatted. Squares of wood-oven baked Margherita pizza sat in front of them, untouched (how do they do it?) for the duration of time I inappropriately hovered nearby.

That was upstairs. Downstairs, the revelry was peaking in a packed room — coincidentally, that's the name of the movie being celebrated.

Based on the bestselling Emma Donoghue novel, Room tells a horrific story of captivity, not to mention endurance, about a mother (Brie Larson) and child (Jacob Tremblay) who escape from the sound-proofed shed they're been confined to for several years.

Everybody is talking about the film, namely on account of the remarkable performances.

While Donoghue, who adapted the book herself for the big screen, and Larson, who looked radiant in blue, navigated the room that oozed with genuine celebratory spirit, I spotted a man I used to serve pizza to sitting with a woman and the eight-year-old breakout star of Room.

As I attempted to make eye contact with the man using my tried and tested method of awkwardly staring directly at them, the woman sitting beside made eye contact with me instead.

Kate Mara and Shia LaBeouf at the Man Down party where a lot of Grey Goose was spilled. GETTY IMAGES FOR GREY GOOSE VODKA

"I'm The Social's biggest fan!" she said.

This is what you call an inverse TIFFhole manoeuvre. But that's my move, I thought as I tried to recover my game. Turns out the affable woman is the mother of Jacob, who Variety declared "a major find" and "doesn't strike a false note as a soulful, spirited child" in the movie. (The thespian bug runs in the family, too: Jacob's older sister, Emma, has performed alongside Robert Downey Jr., Matt Damon and Meryl Streep and he has several more lead roles lined up.)

Instead of asking Jacob if I could finish off his bowl of kids' pasta — I haven't eaten an actual meal using a fork for seven days — I asked him who his favourite Star Wars character was. Although I disagree with his choice of Anakin (Han Solo, now and forever), in the words of the Emperor, "We shall watch your career with great interest," young Tremblay.

Jessica Allen is the digital correspondent on CTV's The Social.

THE RAINBOW KID

A short can help test waters: Director

When it comes to grabbing attention during the bustle of the Toronto International Film Festival, short films often wind up being pushed aside.

This year, 110 shorts will screen at TIFF. But they're typically overshadowed by celebrity-driven Hollywood fare and independent films chasing awards buzz.

Shorts are the less sexy part of the film industry, but for directors, creating a short version of their big idea can be a crucial step in making a feature film.

"A short is almost like a calling card," said Kire Paputts, director of The Rainbow Kid, a full-length feature at this year's festival that began as a 20-minute short.

Short films have long been a way for young directors to learn their craft and navigate the hurdles of the film industry with very little money on the line. Before Ryan Gosling was nominated for an Oscar in the lead role of Half Nelson, the film was a 19-minute short made for $800 with a cast of unknowns.

The Rainbow Kid follows a teenager with Down syndrome who is on a quest to find the end of a rainbow. In Rainbow Connection, the original short, Paputts said he learned the rhythms of actor Dylan Harman, who has Down syndrome in real life.

Kire Paputts. GETTY IMAGES

"I'd never worked with anyone who has special needs before," Paputts said."I felt, before I jump into a feature film ... I should probably test the waters a bit to see what to expect."

Making the short not only gave Paputts a solid idea of how his actor worked, but ultimately helped him deliver a better performance, he said.

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Love is not for the faint of heart

GASPAR NOÉ

Notorious filmmaker brings 3D love-making to TIFF

Ned Ehrbar
Metro | TIFF

Gaspar Noé wanted to slow down the action for viewers to take in 'weirdness' of 3D. CONTRIBUTED

Gaspar Noé has a knack for attention-grabbing filmmaking, and his latest, Love, is sure to turn some heads.

The sexually explicit 3D drama, which comes to the Toronto International Film Festival after premiering at Cannes, depicts the sexual history of a pair of relationships in graphic detail.

Why did you decide to use 3D for this?

I think it adds to some weirdness and intimacy to the whole movie. You feel even more than if it was in 2D that you're spying on the real moments of the couple.

Maybe the act of using glasses also adds a tunnel vision effect and you disconnect more from the people who are around you. And also the fact that there is some depth behind the screen makes you get in kind of a dream state that's not usual. But if you want to succeed with that feeling, you have to be conscious while you're shooting not to cover the scenes in a way that you have to edit it.

If the images are still and they last long, you create a space that is a kind of a puppet theatre. Mostly all the 3D movies are action movies, and they go from one take to another take every three seconds, so they don't take advantage of that weirdness of the 3D. The only movie that I've seen that really uses the depth of the space inside the screen was Gravity. That's my favourite 3D movie.

Michael Bay actually complained about having to wait a full three seconds before cutting when shooting in 3D.

> **You feel even more than if it was in 2D that you're spying on the real moments of the couple.**
> Director Gaspar Noé

I like Michael Bay. When I'm on planes I enjoy Transformers.

What was the thinking for having the main character be American?

Actually I didn't care if the character was American, Canadian, Irish or South African.

It's that probably the American way of speaking English is the most universally understood. But the Irish accent is kind of clean.

For sure, I didn't want to have a British character because it happens to me that when I see British films, sometimes I don't understand one word out of the three — especially if they talk with the cockney accent.

I guess deciding between an American or European character, the question of circumcision would come up.

Yeah. I don't understand why in that country they keep on doing that to all the babies.

It's not true that it's healthier to circumcise the kids. If you see the rate of sexual infection where men are not circumcised, it's almost the same.

I think the thing about circumcision comes from a patriarchal society, and America is a patriarchal society. It's like taking control of the younger generation by touching their penis. But mostly, the truth is — onscreen in my movie, for example — when a penis is erected, mostly you can't tell if it's circumcised or uncircumcised because once it is hard, they all look alike. And I was not thinking showing unerect penises in this movie.

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Mindy mines motherhood

RELAUNCH

Party girl actress and writer is all grown up in fourth season

Lisa Weidenfeld
Metro | New York

The Mindy Project has not had an easy time on the air. The show has been in danger of cancellation almost every season and has gone through a series of cast changes.

Last spring, Fox finally pulled the plug. But luckily for fans of the show, online streaming service Hulu was on the hunt for original programming and scooped it up. CityTV will broadcast and stream it for Canadian viewers.

The switch to streaming comes with some perks according to series creator Mindy Kaling. "To not have to worry about what the ratings were the next day, because who knows what the promotion had been for the show, and all those other things, is going to be a nice change for me personally," she explains.

"I know that going into this that being a showrunner and being a show creator, it's not just about writing and acting and the side of it that's the art and the creativity.

"I know it's about the business, and I have been very focused on that in the last couple of years."

She adds, a little wryly, "That'll be good to take that energy that I had about worrying about ratings and put it into a different worry."

But it's not just behind the scenes where a lot of changes are in store: The fictional Mindy Lahiri will be trying to define herself as a mother this season.

"She is such a funny character with so many idiosyncrasies, and to put that towards motherhood has been such a delight," she says.

Kaling says that in particular, it's been fun to transition from writing about all the different ways to be a "crazy single woman in Manhattan" to trying to figure out how parenting would work between a Catholic man and "an agnostic, Hindu party girl, who doesn't really believe in anything."

The act of parenting itself is not the only challenge Mindy Lahiri will face.

There's also the challenge of being a working, ambitious mother with a young child. Asked if Lahiri will do well with the prospect of taking some time off, Kaling says, "She does not react well to it. One of the things I'm most excited about this season is toying with the ideas of a working mom."

The whole working mom thing may change Lahiri's own assumptions about what she thought it would be like.

"I think Mindy is someone who in the past has been like, 'the minute I get married, I am stopping working. I'm going to be an insufferable yoga mom with a hot body, and I'm going to be drunk all day.' (She's) seeing the reality of what it's like to take care of a baby and a human that you love and trying to balance that with her ambition."

Don't go thinking that just because Lahiri has been a little shallow in the past, she'll be an irresponsible parent — though there will be the usual "Mindy" twist to things. "We all decided in the (writers') room, the most important thing is that we know that she's going to be a good mom. And inherently she is a good person. But she does some really terrible things," says Kaling.

One of the biggest fan favourite moments on the show was when Chris Messina showed off some unexpected dance moves as Mindy's beau, Danny.

Kaling says they've been "asked so much about his dancing" that "we make a reference to it in a very fun way and address it in a fun way."

So he won't be dancing again, per se, but "he's very multitalented, so we have other things that he does that we're going to be taking advantage of this season."

And it sounds like she's feeling sympathetic to Messina about the whole thing: "God bless Chris. I feel like he probably gets asked about it more than anything else."

No wonder she wants to have him show off some other skills.

BOOK RELEASE

Why Not Me? gives Kaling fans an inside look at her life

Mindy Kaling may be gearing up for the fourth season of her TV show, The Mindy Project, but that didn't deter her from writing another wildly entertaining and completely relatable book, Why Not Me?

Her first memoir, Is Everyone Hanging Out Without Me? (And Other Concerns), spent time on several best-seller lists. Why Not Me? will certainly follow in its footsteps.

Not only does Kaling write about her views on weddings, dinner parties and how to look spectacular in a photo shoot, she also allows readers to peek inside her dating life. This includes a civic-minded beau who happened to work for the president of the United States, an imaginary history teacher and B.J. Novak. Her long-time friendship with Novak can only be described as a little messy and very touching.

More than anything, Why Not Me? is a story about Mindy Kaling's work ethic. Kaling is gracious enough to spill her secrets here: all you need is a ton of dedication to your craft, a lot of confidence, a touch of bravery and a server at McDonald's who knows your name.

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Whose bio you gonna curl up with?

CRITICAL APPRECIATION

Book celebrates the constancy of Bill Murray's popularity

Richard Crouse
For Metro Canada

In the 1950s, author Robert Schnakenberg's father was the letter carrier who delivered jazz legend Louis Armstrong's mail. "Louis would say, 'Hi Mr. Mailman' and sometimes Louis and his wife would invite my dad in for coffee. That is sort of my claim to fame."

It also began a career Schnakenberg says involves "lurking around the edges of famous people." The author of more than a dozen books, including The Encyclopedia Shatnerica and Christopher Walken A-to-Z, Schnakenberg's latest is The Big Bad Book of Bill Murray, a weighty tome analyzing the life and career of everybody's favourite Ghostbuster.

"They're more history books than puff pieces about celebrities," he says on the line from his Brooklyn home. "I wanted to approach them from a quasi or mock academic perspective and treat them as if they were historic artefacts rather than just pop culture icons."

Murray was a perfect subject for the pop historian. "I had done two previous A-to-Zs and was looking around for a third person to round out the trilogy. I had visions of a three volume slip case edition in my head."

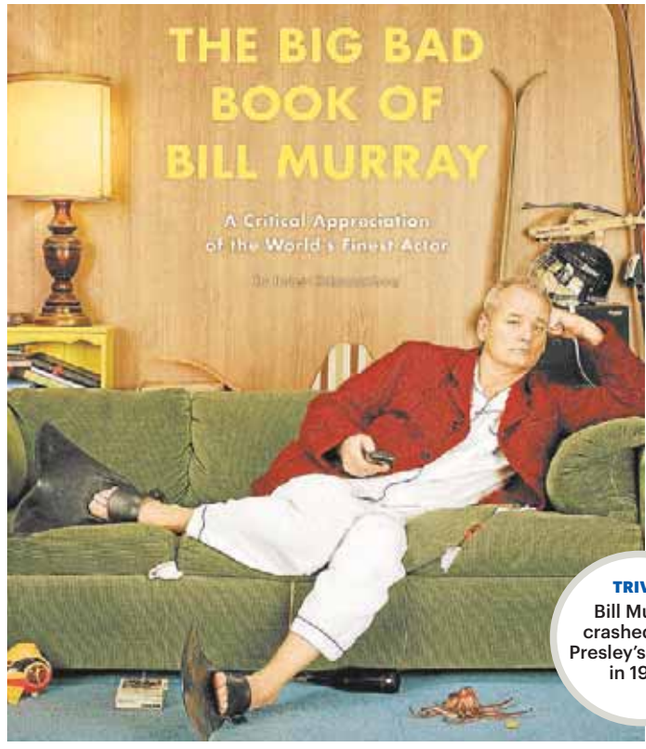
Murray fit the criteria. "Who has a long career? Who has left a paper trail of interviews and profiles? Who has an off-camera persona that is just as interesting as what they do onscreen? It just clicked last year. He reached a point of saturation with all these viral videos going around that (the publisher) said, 'Let's do the book now.'"

> **He was always cool; just cool in different forms over the years**
> Author Robert Schnakenberg

The volume provides an overview of Murray's long and varied time in the public eye. From critical appreciations of his films, to interesting trivia, The Big Bad Book of Bill Murray spans decades of fascinating behaviour.

The point is, for almost forty years Bill Murray has been a constant in our lives.

"Bill Murray never had to come back because he never went away," says the author. "He was always cool; just cool in different forms over the years."



TRIVIA
Bill Murray crashed Elvis Presley's funeral in 1977.

BY THE DECADE

Murray an actor for the ages

"His career provides a lot of entry points for people who want to get into him," says Schnakenberg.

"If you came of age in the '70s, the way that I did, you remember the Saturday Night Live version of Bill Murray.

"If you were 13 in 1984 you probably think of him as Ghostbusters Bill Murray.

"If you were a proto-hipster in the '90s your image is probably the guy in all the Wes Anderson movies.

"Now people know him as the dishevelled guy who crashes people's parties."

Wahaab, colon cancer patient at SickKids

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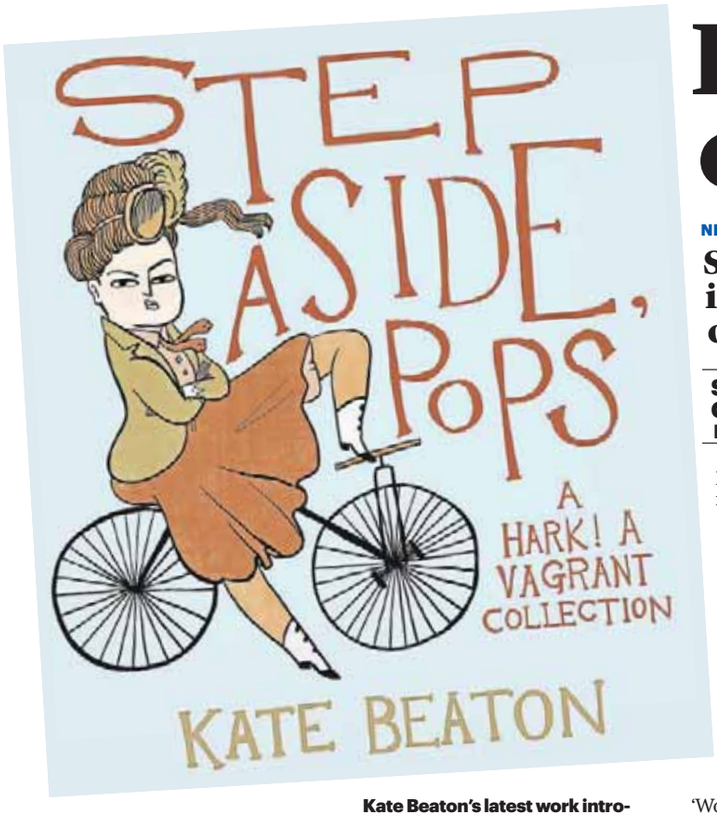

Kate Beaton's latest work introduces a new arsenal of characters, such as the fork-tongued "Straw Feminists" who pop up during already terrifying shopping trips for training bras and in the closets of unsuspecting children. HANDOUT

NEW RELEASES

Step Aside, Pops, is a satirical take on 'ballchopping'

Sue Carter
For Metro Canada

People identify as feminists for a multitude of reasons, both personal and political.

When Kate Beaton first started posting her online comic, Hark! A Vagrant, her focus was on parodying male-dominated history and literature in the most absurdist way possible. Feminism, while always the undercurrent, has never been the point of her sly punch lines, despite her love of suffragettes and the Brontë sisters.

"I started making comics about history and they had women in them, and people were like, 'Wow, what kind of feminist work is this?'" Beaton says. "It wasn't a choice that I made: 'Oh, I'm going to blow the lid off this.' But people noticed. And then you get called a feminist author."

Armed with a history degree from New Brunswick's Mount Allison University and a stint working at the maritime museum in Victoria — coupled with an insatiable appetite for research, literature and pop culture — the Cape Breton–born artist's website quickly became a destination for intellectual comics lovers.

Beaton's first collection, Hark! A Vagrant, published by the venerable Drawn & Quarterly, became a New York Times bestseller. Her new book, Step Aside, Pops, kicks off where the last book ended, introducing a new arsenal of characters such as the fork-tongued "Straw Feminists" who pop up during already terrifying shopping trips for training bras and in the closets of unsuspecting children.

Beaton's depiction of the evil-minded, cigarette-wielding women could seem 1970s retrograde, but she's cleverly mocking the vitriol that permeates social-media discussions surrounding gender equality. "The image of the bra-burning, ball-chopping boogeyman shows up in all these conversations where you're trying to talk about feminism," Beaton says. "It's an image that scares younger women away because they think feminists are these joyless, awful people. This heartless person who just wants to destroy the world. But it's a funny character to me. It always comes back to humour."

Ultimately, it's Beaton's love of old-school literary humour — she's a big Stephen Leacock fan — and her awareness of feminist history that has made Hark! A Vagrant part of the current zeitgeist. There are hilarious interpretations of cultural icons such as Nancy Drew, Wonder Woman and Agent Scully from The X-Files. But Beaton gives equal space to women such as public-health physician Dr. Sara Josephine Baker and 1930s civil-rights activist Ida B. Wells, one of her personal heroes.

"People have such access to information and such platforms to talk from now. Other voices and characters and other stories are being told, and demanding a change in the way we learn history, and the way we look at movies and literature and everything else," says Beaton. "There's just a palpable movement in this shift of the status quo. I'm just part of that, I think."

Sue Carter is the editor at Quill & Quire magazine.

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Avett Brothers at work in the studio

TRADEMARK HEARTBREAK

There's no release date, but band has new material

Lisa Weidenfeld
Metro | New York

Seth Avett of the Avett Brothers. MIKE LAWRIE/GETTY IMAGES

If it seems like the Avett Brothers were taking a break after the double whammy of 2013's Magpie and the Dandelion and 2012's The Carpenter, don't be fooled: They've been working just as hard as ever. The quick album release schedule was the result of a marathon recording session that resulted in two albums' worth of material, but Seth Avett says, given the choice between a marathon session and spreading the work out a bit more, the choice is clear.

"I'm going to go with door number two on that one," he says with a laugh. "It's funny, you get away from an experience, and more or less, the hardship of it, or the work, the labour of it gets smaller in your rearview. I remember at the end of that whole thing being just absolutely done, just so exhausted."

AT TURF
Avett Brothers will play TURF Fest in Toronto on Friday

But that doesn't mean the band hasn't been working on new material. They've been hard at work recording.

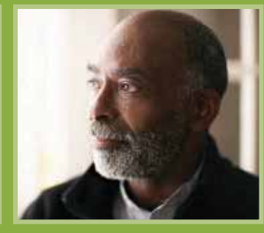
"I think it seems like we took a longer break than we did, where in actuality we kept doing what we always do, which is just tour pretty much nonstop. There's no specific tour for a record. We just always go, go, go, lay low in the wintertime, then hit it hard in the summer and get into the studio whenever we can," says Avett.

While he was unwilling to promise any release dates, he says the group is hoping that new material will be available for fans next March. And it sounds like the trademark Avett Brothers heartbreak ballads will be as much a part of that as ever.

"When you get old enough, when you survive long enough, you learn what (heartbreak) is. You learn what it is to have your heart broken, romantically and otherwise," says Avett.

"If you go through something intense enough, on the negative or positive side, the lucky thing is that if you're an artist, a songwriter, if it hits you hard enough, you'll still be able to draw on that thing 20 years later."

FREE Adult Classes



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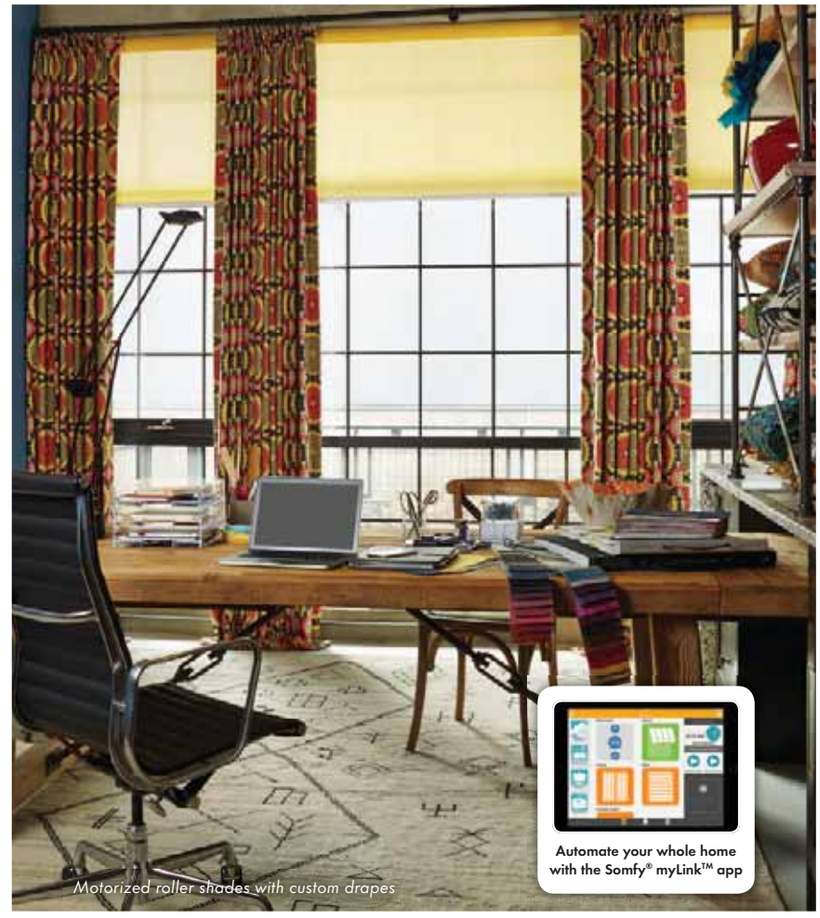

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GOSSIP BRIEFS

Elton John fell for a phone prank

Two Russian pranksters say they fooled Elton John into believing that Russian President Vladimir Putin had given him a call.

The British star on Tuesday posted a message on Instagram, thanking Putin for calling him to discuss gay rights in Russia and inviting him for a meeting in Moscow. Putin's spokesman Dmitry Peskov denied the reports, saying that Putin never called John.

Vladimir "Vovan" Krasnov and Alexei "Lexus" Stolyarov told Russian daily Komsomolskaya Pravda on Wednesday that they had fooled Elton John by calling him on Tuesday and pretending they were Peskov and Putin.

The two men, known for prank-calling Russian and Ukrainian celebrities, said the audio of the call would be broadcast on a primetime show later Wednesday. THE ASSOCIATED PRESS

Lady Gaga backs Clinton

A video of Lady Gaga arriving at LAX has surfaced online, and in it the pop star lets us all know what she really thinks of Republican presidential candidate and billionaire fellow New Yorker Donald Trump.

"Hey, Gaga are you a Donald Trump fan?" a pushy TMZ-type photographer asks. Gaga simply cackles in response.

"Gaga, so that's a no? Is that right? On Donald Trump? Is that a no?" the photographer asks again as the singer simply responds with a closed mouth smile into the camera.

When asked who she does like, Gaga quickly shouts out, "Hillary!"

So if you were waiting for a sign from Gaga as to which candidate to support, there you go. MATT LEE/METRO

Not funny: Comedian comes clean

9/11

Rannazzisi was outed by The New York Times for lying

Ned Ehrbar
Metro

This is a big week for 9/11-related apologies. First Adrian Grenier for his Iraq tweet, then the guy from Devo for his terrible wedding reception and now The League star Steve Rannazzisi is sorry for lying about being in one of the Twin Towers on 9/11. Yikes.

"As a young man, I made a mistake that I deeply regret and for which apologies may still not be enough," Rannazzisi posted to Twitter. "After I moved with my wife to Los Angeles from New York City in 2001 shortly after 9/11, I told people that I was in one of the World Trade Center towers on 9/11. It wasn't true. I was in Manhattan but working in a building in midtown and I was not at the Trade Center on that day. I don't know why I said this. This was inexcusable. I am truly, truly sorry."

He continues: "It is to the victims of 9/11 and to the people that love them — and the people that love me — that I ask for forgiveness. It was profoundly disrespectful to those who perished and those who lost loved ones. The stupidity and guilt I have felt for many years has not abated. It was an early taste of having a public persona, and I made a terrible mistake."

What's extra awkward is that this is probably what he'll best known for, at least for a while.

STYLE WATCH RYAN REYNOLDS walks the red carpet at the Toronto International Film Festival premiere of road movie Mississippi Grind, Wednesday. LIZ BEDDALL/METRO

INSTAGRAM

Protest or provocation?

Naomi Campbell, the supermodel who has never been one to shy away from controversy, posted a topless picture of herself on Instagram.

The post has garnered more than 60,000 likes in only 14 hours. Instagram has a notorious history of taking down pictures of topless women who aren't breastfeeding, and many celebrities have protested this by sharing topless and nearly topless pictures of themselves.

The only question remaining is, will Instagram dare take down a picture of Naomi Campbell?

They better hope she doesn't have her phone in her hands if and when they do. MATT LEE/METRO

ALL PHOTOS GETTY IMAGES

PATRIOTIC OR NOT

Emily Blunt is blunt

Sicario star Emily Blunt said some stuff that the terrible, terrible TV personalities at Fox and Friends didn't like.

Blunt recently became a U.S. citizen — sorry, Britain! — and had some thoughts on the timing of it.

"I became an American citizen recently and that night we decided to watch the Republican debate, and I thought this was a terrible mistake. What have I done?" she joked to the Hollywood Reporter.

Fox and Friends host Anna Kooiman did not like that one bit: "You know what? Why don't you leave Hollywood, California and let some American women take on the roles that you're getting because the Americans are watching your movies and lining your pockets."

Come on, guys, you can do better than that. I think. NED EHRBAR/METRO

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Where the TIFF stars come out to play

The penthouse suite on the 55th floor of the Trump Residences Toronto at 311 Bay St., in the heart of the financial and entertainment districts. DUNCAN MCALLISTER/FOR METRO

CONDO TRENDS

Condo suites, presentation centres serve as event venues

Duncan McAllister
For Metro Canada

Last week marked the 40th anniversary of the Toronto International Film Festival, affectionately known as TIFF. Celebrities and fans are flocking to the world-renowned film fest that takes place in and around the downtown centre of Toronto's entertainment district.

So what do condos and TIFF have in common? Each year, condo suites, common areas and presentation centres serve as the venues for star-studded cocktail receptions, after-parties and red carpet affairs.

The John Street cultural corridor has become the de facto TIFF centre of the universe and has seen a flurry of recent highrise development, and many of the new condo developments in this neighbourhood play an important role by hosting TIFF events.

This year, at a lavish suite in the Trump Residences, Stylist Box hosted a series of red carpet, pre-screening events where celebrities were gifted and dressed for their night out. John Travolta, Patrick Stewart, Mary-Kate and Ashley Olsen, Susan Sarandon, even Colin and Justin were there. Stylist Box connects emerging and established fashion and accessory brands to high-profile personalities and celebrities.

The event took place in one of the penthouses at Trump, which are said to be some of the finest residences currently on the market in Canada.

The grand dame of penthouses, suite 5501, is located on the north side of the tower, and has its own private elevator. Exquisitely furnished by the Trump in-house design team, the 4,300-square-foot, three-bedroom, four-bathroom masterpiece is reflective of the Trump premium luxury brand.

Daniels' Festival Tower is built atop the TIFF Bell Lightbox theatre and features an indoor connection to two levels of screening rooms. THE DANIELS CORPORATION

Top: Samantha Norris of Parc City Boot with Glen Baxter, former host of Fashion Television. Bottom: Makeup artist Dyane Campbell is the owner of Emerald City Beauty Bar. RYAN EMBERLEY

Opening week of TIFF's 40th saw plenty of events around downtown with home base at the TIFF Bell Lightbox. During the festival, this is the centre of the action. This is where the stars come out at night and the big film deals take place. Several major movies have been sold after judging audience reactions at festival screenings.

For those who can't get enough of the cinema, Daniels' Festival Tower is built atop the TIFF Bell Lightbox theatre. It features an indoor connection to the two levels of theatres in the commercial side of the building. There's also a private 55-seat screening room for residents.

"We literally put the redevelopment of the entertainment district on the map with TIFF Bell Lightbox and Festival towers," said Niall Haggart, executive vice-president of the Daniels Corporation.

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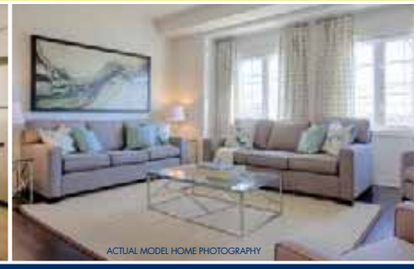
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CONTRIBUTED

A midrise with a traditional bent

Project overview

A new midrise development by Diam is destined to impact the bustling Danforth neighbourhood with its clean lines and traditional character. The architectural design for the 10-storey residence will step back on the south side to an adjacent classic brick building's height.

Building amenities

Club Danny will offer a fitness area and outdoor yoga space, with a rooftop terrace and barbecue area. There's a pet spa, bicycle storage, and a multi-purpose room with kitchen. Maintenance fees are $0.56 per sq. ft. and parking is $49.95 per month.

Location and transit

The building is close to the Woodbine and Main TTC subway stations, and the Main-Danforth GO rail station. For residents with vehicles, the Don Valley is minutes away. You can be downtown in less than 20 minutes.

EVERYTHING YOU NEED TO KNOW

What: On the Danforth condos
Builder: Diam Developments
Architect: onespacearchitecture+interiordesign
Interiors: esQape Design Inc.
Location: 2359 Danforth Ave.
Building: A 10-storey mixed-use building with 135 suites
Sizes: From 436 to 1,032 sq. ft.
Pricing: Starting from the mid-$200,000s
Suites: Junior one bedrooms to two bedrooms plus den
Status: Pre-construction phase
Occupancy: 2017
Sales centre: 2359 Danforth Ave.
Hours: Sales centre opens on Sept. 26
Phone: 905-799-3003
Email: sales@onthedanforth.com
Website: onthedanforthcondo.com

In the neighbourhood

With a walk score of 96, residents can walk to 350 shops, restaurants and services of the Danforth neighbourhood. The community has a shopping plaza, schools, arenas, Gledhill Park, and the Dentonia Park golf course.

LEGAL MATTERS

Old mortgage is a new problem

Jeffrey Cowan
For Metro Canada

Q: We are in the process of selling our house that we have owned since 1989 and downsizing to a condo. Our lawyer who is looking after the sale has been informed that there is an old mortgage from a savings and loan company that was registered back in 1973 which is still on title.

The purchaser's lawyer has requested that this be removed but when searching the Internet, the company no longer exists and we are at a loss as to what to do. We do not owe any money to a bank but this is potentially a deal breaker. How can there be such an old mortgage affecting the title to our property?

A: Typically, when a property is sold, the proceeds are used to pay out any financing that is on title and then once the paperwork is processed, the bank or your lawyer will register a mortgage discharge. In this case, I would hazard a guess that the monies had been paid out but the second step hadn't been followed up.

The problem with such an old mortgage is that companies dissolve, amalgamate and are purchased. Also, in this case, the lawyer that acted for our sellers was no longer practising law. Your lawyer will have to do a search to see what happened to the savings and loan and then approach the successor company to get a discharge.

The only other way to fix this problem is to get a court order to have the mortgage removed from title (which is a time-consuming and costly endeavour).

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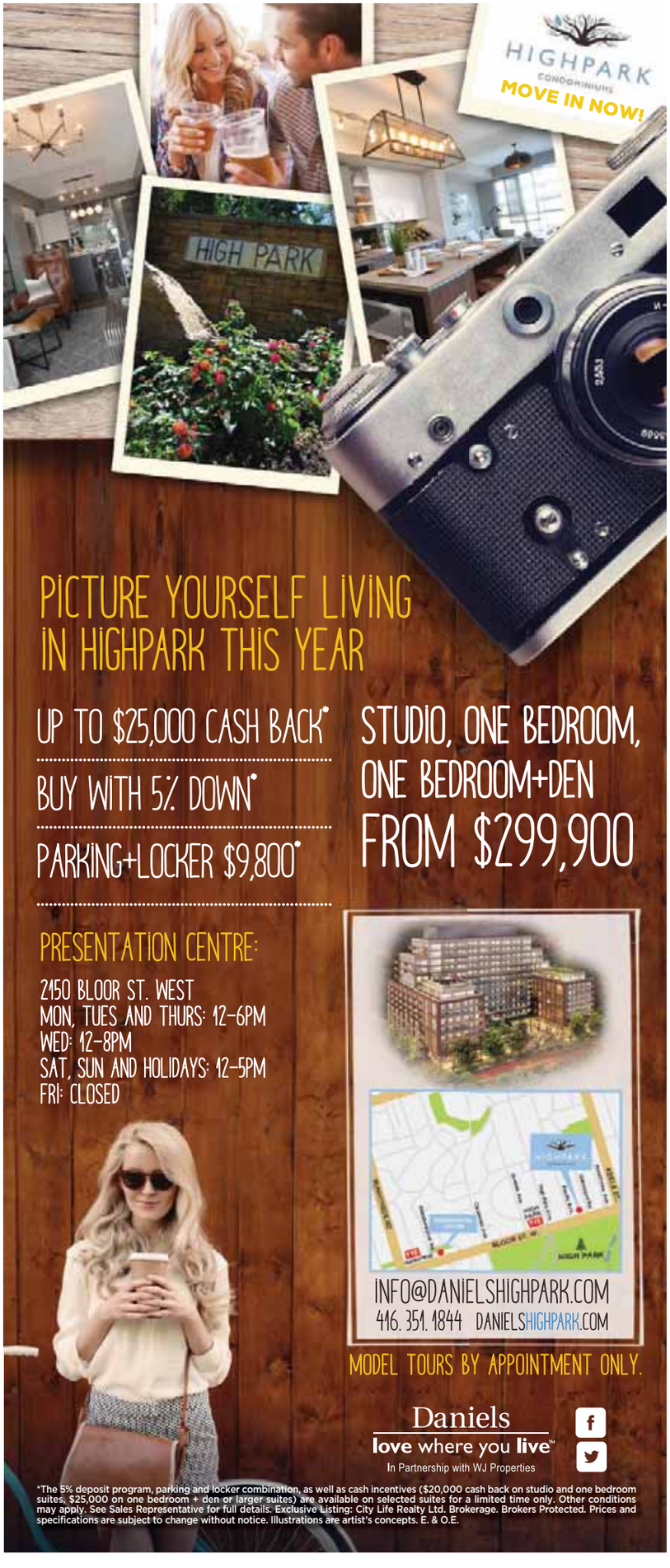
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REAL ESTATE

What's hot on the market

DUNCAN MCALLISTER

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Grand opening: Sail Condominiums are new urban condos at Victoria Park and Sheppard. Doors open at noon on Sept. 19., with food trucks and activities. Head over to 2933 Sheppard Ave. E.

CONTACT: SAILCONDOS.CA, 416-756-7245

2 NORTH YORK

Open house: Here's an uptown condo suite showing near Yonge Street and the Finch subway in North York. Visit 10 Northtown Way on Sept. 19 from 12 to 2 p.m. and Sept. 20 from 2 to 4 p.m.

CONTACT: STEPHANIE PAU, 416-300-3386

3 SCARBOROUGH

Grand opening: This weekend, Trinity Ravine Towers will open its doors to the public. Check it out on Sept. 19 at 1250 Markham Rd. in Scarborough. Register online or by phone.

CONTACT: TRINITYRAVINE.CA, 647-876-5433

Public art a boon for communities

Bryan Tuckey
For Metro Canada

Across the GTA public art enhances buildings and communities and makes them more attractive and inviting to residents, visitors and passersby.

The art can take many forms such as large, playful or modern sculptures, intricate lighting installations, coloured and etched glass embedded into the fabric of buildings or even patterns and words integrated into pavement. Much of the public art in the region was created through collaborations of land developers, municipalities and artists.

In the City of Toronto, public art is funded as part of a new development. Through its Percent for Public Art policy, the city requires developers to spend one per cent of the overall construction value of their new developments to create public art.

There are more than 200 public art installations that have come as a result of the public art policy.

Famous Canadian novelist and artist Douglas Coupland has created a number of them. He has worked with the development industry to create pieces like Canoe Landing Park's large red canoe and the colourful fishing bobbers that anchor Concord Adex Development's CityPlace neighbourhood in downtown Toronto.

Coupland also created the soldier sculpture entitled Monument to the War of 1812 at Fleet and Bathurst streets, which was commissioned by BILD member Malibu Investments.

Outside the city, municipalities like Mississauga have policies and programs that encourage developers to include public art in their development plans, but they are not mandatory. BILD member Great Gulf has embraced the idea and voluntarily commissioned a work of art by Canadian sculptor David James called Heaven and Earth for its HOT Condominiums.

Funded by the developer, the landmark sculpture is located at the corner of Winston Churchill Boulevard and Eglinton Avenue West. It sits at the gateway to the new community, is topped with a mirrored sphere and can be enjoyed by residents, visitors and anyone who travels through that major intersection.

1%

The City of Toronto requires developers to spend one per cent of the overall construction value of their new developments to create public art.

BRYAN TUCKEY IS PRESIDENT AND CEO OF THE BUILDING INDUSTRY AND LAND DEVELOPMENT ASSOCIATION AND A LAND-USE PLANNER WHO HAS WORKED FOR MUNICIPAL, REGIONAL AND PROVINCIAL GOVERNMENTS. FOLLOW HIM ON TWITTER @BILDGTA, FACEBOOK.COM/BILDGTA, AND BILDBLOGS.CA.

Get into the Beaux-Arts life in tony Oakville

EVERYTHING YOU NEED TO KNOW

What: The Randall Residences
Builder: Rosehaven Homes
Architect: Richard Wengle
Interiors: Ferris Rafauli
Location: Trafalgar Road and Randall Street in Oakville
Building: A four-storey building with 36 suites
Sizes: From 1,807 to 2,900 sq. ft.
Pricing: From $1.8M to $3.6M
Suites: One bedroom, one bedroom plus study, two bedroom, two bedroom plus study, three bedroom
Status: Under construction
Occupancy: Spring 2017
Sales centre: 145 Reynolds St., Suite 201 in Oakville
Hours: Saturday, 1 to 5 p.m., Monday to Wednesday, 1 to 5 p.m.
Phone: 905-849-1033
Website: therandallresidences.com
Email: luxuryliving@therandallresidences.com

THE RANDALL RESIDENCES

CONTRIBUTED

Project overview

This is no ordinary condominium. The Randall Residences with 36 suites in downtown Oakville is reminiscent of a stately European home. The building's classic architecture and interiors were designed in the Beaux-Arts tradition. The spacious suites feature grand rotunda foyers.

Building amenities

Plans are in place for an on-site spa and gym, as well as boutiques for the main floor retail space. Purchasers also receive a complimentary, one-year membership to the building's round-the-clock, hotel-style concierge program.

Location and transit

The building is situated in a central downtown location near Oakville's waterfront in the desirable Trafalgar and Lakeshore neighbourhood. It's a short drive to the Queen Elizabeth Way and the Oakville GO rail station is nearby.

In the neighbourhood

Residents can enjoy the boutiques, restaurants, salons and shops of the nearby Lakeshore Road. There's the Trafalgar Village and Oakville Place shopping centres as well as parks and walking trails, the Oakville Symphony, the theatre, library and Oakville Marina.

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What they're a$king

This week, we look at a selection of contemporary new condo developments near the downtown core. These one-bedroom units are located in midrise buildings offering the convenience of condo living with the latest amenities and finishes. **Duncan McAllister** FOR METRO

OUR CITY

ASKING PRICES WERE ACCURATE AT TIME OF PUBLISHING.

$430,000

Toronto

The Picnic condos in High Park is a new development by North Drive, located at 2114 Bloor St. W. Rising eight storeys high, the building consists of 68 units with custom-inspired finishes. Five-piece ensuites, walk-in closets and outdoor balcony space are standard in every unit, while kitchens offer bold, clean esthetics including integrated fridges and a balanced mix of closed and open upper cabinetry. A rooftop terrace offers views of High Park. Visit picnichighpark.com.

339,000

Ottawa

Here's a one-bedroom suite at the Eddy condominiums in trendy Hintonburg. This new six-storey urban condo by the Windmill Development Group features soft loft units with nine-foot ceilings, an industrial feel and exposed concrete. The suites offer compact European appliances and Silverstone quartz countertops. Bathrooms have custom millwork vanities with undermount sink. There's ground-floor retail, bike storage and a rooftop urban park. 613-701-0600, theeddy.ca.

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Vancouver

The Residences at 700 Marine Dr. feature 26 spacious condominiums in North Vancouver's newly revitalized Marine Drive urban corridor. The modern interiors in light or dark colour palettes feature nine-foot ceilings, chef's kitchen layouts, stainless steel appliances, engineered hardwood flooring, large walk-in closets, spa-inspired bathrooms, and air conditioning. The suites includes a secure underground parking stall, large storage unit, and access to a rooftop courtyard patio. 604-449-1580, info@700marine.com.

$269,900

Halifax

Halifax is undergoing a transformation bringing new vitality to the downtown. The Dillon Market Street condos by Mosaik Properties is a new development on Sackville Street. The sleek glass tower rises above a restored 1800s podium. Suites feature smart-living layouts, floor-to-ceiling windows, stainless steel appliances and fixtures, private balconies with city views, rooftop gym, social terraced green space and concrete construction for quieter urban living. Contact the sales centre at 902-880-9995, welcome@thedillon.ca.

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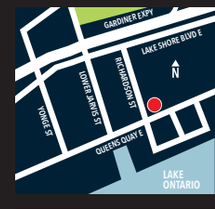

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Mail-order bedroom

Karl Lohnes
For Metro Canada

No time to run around testing mattresses and shopping for headboards? Need a quick guest room for the upcoming holidays? The solution is to shop online. Retailers are making it easier to have a stylish good night's sleep delivered right to your door.

1 Carerra Queen Headboard with Nail Trim
Every bedroom needs one and a headboard is the focal point to any bedroom. $700 (on sale now for $349), TheBay.com

2 Endy Queen Mattress
Order 10 inches of comfort; gel-infusion memory foam, polyurethane foam and high-density foam make for a perfect-sleep mattress. Rolled in a box and box-shipped to your door. $750, EndySleep.com

3 Barbara Barry Fibre-Filled Mattress Cushion
Create the lofty feeling of granny's feather bed without all those little pricks. $200, BedBathAndBeyond.ca

4 SoHo Queen Storage Bed with Headboard
If tight on space then look for a hydraulic-lift bed base that adds the additional storage of six dresser drawers. $670, Walmart.ca

5 Prepac 9 Floating Headboard with Nightstands
Got the mid-century modern style but not the trendy high-end budget? Hang your headboard and nightstands on the wall without breaking the bank. $307, Lowes.ca

Tips to upgrade your rental suite

LANDLORD FRIENDLY

Make the space your own with DIY renovation ideas from a pro

Rachel Kashdan
Metro | New York

Just because your lease says you can't paint those white walls doesn't mean you can't upgrade the place. Don't let your rental agreement cramp your style. Reham Fagiri, co-founder of used furniture marketplace AptDeco fills us in on all the tricks to freshen up a much lived-in space without breaking the rules.

Deck out your windows

Even if you've got trendy new furniture, stunning wall art and awesome accessories, sticking with the plastic slat blinds or worn white roller shades isn't going to give you the homey feel you're going for.

Instead, Fagiri suggests replacing generic blinds with colorful or patterned ones that complement your style, or alternatively give curtains a try.

"Curtains are a great way to add coziness without spending a lot of money," says Fagiri. "You can just go to any drape store and it's less than 30 or 40 dollars to buy brand new curtains."

Amp up the lighting

The common denominator in almost all rental apartments is bad overhead lighting.

"The overhead lights are so strong that they're just not inviting," says Fagiri. She recommends swapping out the basic flush mount light for attractive fixtures like a chandelier or pendant light to "really bring a room together."

Another tip: Use standing or table lamps as your main light source instead. Fagiri says the light emitted from these is generally much more pleasing, plus they can be a great way to add some extra flair to your space.

Want even more control over the lighting in your apartment? Add a dimmer.

Swap out the hardware

Changing the knobs on plain, generic cabinets and drawers that typically come in a rental apartment is one small modification that goes a long way in adding personality to your apartment.

"You can go to any hardware store and get new knobs that add a pop of color or even shine depending on your style," Fagiri says.

The expert says it only takes a couple minutes to unscrew and replace them, and it's easy to put the original knobs back on when it's time to move out.

Swap out dull light fixtures for an instant upgrade. CONTRIBUTED

> **Long, lighter-coloured white or beige flowy curtains really make a difference.**
> AptDeco's Reham Fagiri

Liven up your walls

Even if your landlord says painting your walls is a no-go, that doesn't mean you're stuck with bare white. One of Fagiri's favourite ways to spruce up walls is by hanging a cluster of framed artwork on a focal wall.

Fagiri suggests that when arranging different-sized pictures on a wall, orient some horizontally and some vertically to add variety. "I love it when there's just different shapes and sizes. It just creates that illusion that it's sort of an art piece."

The best part is that unlike spending money to paint walls, "these are things that you can take with you to your next apartment, which is great for budget saving," Fagiri says.

Don't always go for the cheap option

For furniture that you'll be using every day, Fagiri says you're better off investing in quality even if that means buying something secondhand, especially when you live in the city and will move every few years.

"If you buy really cheap furniture that's flimsy you're going to spend, let's say, a couple hundred dollars. But you won't be able to move it because it'll break down. If you spend a little bit more, or spend the same as you'd pay for a cheap piece of furniture (on something of quality) that's preloved or secondhand, you'll be able to take it anywhere and onto your next apartment," she says.

There are certainly items where quality can be sacrificed, but "a nice bed goes a long way, because you sleep on it every day, same with a couch," says Fagiri.

Make your radiator vanish

Nothing kills a well-designed room quite like a nasty old metal radiator with chipping paint, but Fagiri says it's easy to make your radiator disappear.

"There are actually places you can go to find radiator covers. Some of them are plain so it just sort of blends in with the wall, and some of them have designs on them," she says.

Radiator covers, which you can easily find at a hardware store, are safe and simply slide right on over the radiator.

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The hidden costs of home ownership

BUYING TIME

Legal fees and other expenses required to close the deal

Henrietta Walmark
For Metro

You've finally found your new home, and it comes with the biggest price tag you're ever likely to pay for anything. But that's not the only cost you'll have to cover as a homeowner.

Even before you take possession of your home, there will be legal fees and expenses to close the deal. There will be adjustments costs as you reimburse the seller for any prepaid utilities and property taxes. Add in the cost of an appraisal, a home inspection, land transfer tax (in most provinces), GST if you've purchased a brand new home, utility hook-up fees, home insurance and more, and it amounts to thousands of additional dollars you'll need to budget for before you even get the keys to the place.

There are thousands of additional dollars you'll need to budget for before you even get the keys to the place. SHUTTERSTOCK

And don't forget the cost of hiring movers and installing new locks, plus replacing appliances, lighting fixtures and window coverings if they've been excluded in the offer.

Once you've moved in, there's the ongoing expense of maintaining your home. Grass will need mowing, snow will need to be cleared, the furnace will need to be upgraded at some point, decks re-stained and walls repainted. Experts suggest budgeting five per cent of the value of your home to cover your annual maintenance costs.

John Pasalis of Realosophy Realty in Toronto says he finds the largest unexpected expenses of home ownership are not so much hidden, as simply expenses that buyers haven't planned for.

"When a first-time buyer's home inspector tells them that their roof will likely need replacing in five years, they don't think that they need to start saving up for that $8,000 roof now, setting aside $1,600 per year so that they have the funds five years from now," says Pasalis.

"Not planning for these known upgrades you need to make can make home owning a bit more stressful when the time comes to make a major repair," he adds.

The best thing a homeowner can do to avoid costly expenses is to maintain their home by routinely tackling repairs and making upkeep a habit, says the Realosophy owner broker.

"Make sure your eaves are cleaned out once or twice a year and are working properly. Make sure water is running away from your home, not towards it. Seal any cracks in the concrete around your home. Repair caulking around windows and in bathrooms," says Pasalis.

"Keeping your home in a good state of repair will help you avoid unnecessary and costly repairs in the future."

Mortgage loan insurance a necessity and an incentive

Mortgage insurance isn't optional for a lot of Canadians homebuyers these days. Consumers with a down payment of less than 20 per cent of the purchase price of a home need to have mortgage loan insurance to be eligible for a mortgage.

Scraping together a down payment of 20 per cent is challenging as the cost of buying a home continues to rise in two of the country's biggest urban centres — Toronto prices are up 10.6 per cent over last year and Vancouver's rose 7.7 per cent. Statistics from the Canadian Real Estate Association show that in July 2015 the average cost of a home in Vancouver had risen to $866,772 and in Toronto the price was $609,236. Which means, the average 20 per cent down payment in those two markets would be $173,354 and $121,847 respectively.

Down payments that high can be a barrier to home ownership. For many first-time buyers, mortgage loan insurance is not only a necessity but also an incentive to purchase a home. Canada Mortgage and Housing Corporation mortgage loan insurance lets Canadians buy homes with a minimum down payment of five per cent while protecting banks and other lending institutions if the buyer defaults on mortgage payments.

According to CMHC, mortgage loan insurance creates "an opportunity for Canadians to realize their dreams of home ownership" and helps to "ensure the availability of mortgage funding during times of recession and economic downturns."

To qualify for mortgage loan insurance that allows buyers to finance up to 95 per cent of the purchase price, the property has to be a single-family or two-unit dwelling, located in Canada and valued at less than $1 million. Other requirements include a monthly housing cost of no more than 32 per cent of your gross household income, and a debt load of less than 40 per cent of your gross household income.

Mortgage loan insurance premiums range from 0.60 to 3.85 per cent of the total loan, depending on the amount of the down payment. The larger the down payment, the lower the premium. While the premium can be paid as a lump sum, it is more often blended into the mortgage payments. It's an approach that eases the financial burden upfront but interest on the premium over the life of a mortgage quickly adds up.

Consumers with a down payment of less than 20 per cent of the purchase price of a home need to have mortgage loan insurance to be eligible for a mortgage. SHUTTERSTOCK

Mortgage loan insurance opens the door to home ownership, but it comes with its own price tag.

HENRIETTA WALMARK/METRO

RATES

Fixed or variable mortgage

When faced with selecting a mortgage, one of the most difficult decisions for homebuyers to make is whether to go with a fixed or variable rate mortgage.

With a fixed mortgage, the borrower locks into an interest rate for the length of a term, typically three or five years. While with a variable rate, the borrower's interest rate can fluctuate with the market.

"History has shown that with a variable rate mortgage, you tend to pay less, especially with interest rates being so low right now, you can get a variable rate mortgage right around two per cent," says Clinton Wayne, a Toronto-based mortgage agent with Mortgage Edge.

Because of the element of uncertainty with variable rate mortgages, they are more difficult to qualify for and Wayne recommends them only for people who have enough disposable income to cushion the impact of an unforeseen interest rate increase.

Wayne says that though a 0.25 per cent interest rate increase might not seem like much, when you are talking hundreds of thousands of dollars, it can be big. A 0.25 per cent rate increase on a $400,000 mortgage, for example, would add another $1,000 annually to your mortgage payments, which is approximately $83 per month in additional interest.

While a fixed rate is often a higher interest rate, the benefit is that there are no surprises with your monthly mortgage payments. However, with variable rate mortgages, some banks offer payment plans that never change — instead, when the interest rate changes, the amortization period changes (if the interest rate increases, more of your money will be going towards interest as opposed to paying down the principle). This is a good option for people who want the benefits of a variable rate mortgage while at the same time guaranteeing their payments won't increase. It's just important for buyers to remember that a rate increase still lengthens the time of their mortgage and increases the amount they are paying in interest.

"The most important thing is how you feel about fixed and variable rate mortgages," says Wayne. "Money is more than math. You're dealing with emotions. How would you feel if your rate did jump up and how would it stress your monthly income?"

LIZ BROWN/FOR METRO

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Get the best appraisal value

SELLING

Tidy up inside and out to lift your home's curb appeal

Henrietta Walmark
For Metro

Some experts claim a clean, clutter-free home can appraise for up to 10 percent higher than a comparable home. SHUTTERSTOCK

Vacuum. Dust. Scrub. While you're at it, clear kitchen and bathroom countertops and tuck the kids' toys out of sight.

Making sure your home is clean and tidy is one of the easiest ways to improve its appraisal value. "Some experts claim a clean, clutter-free home can appraise for up to 10 percent higher than a comparable home that is messy and full of clutter," says Shea Warrington with Royal LePage in a recent blog post at sheawarrington.ca.

Tidy up the yard, too. Stash the garden gnomes in the storage shed. Freshly trimmed trees and shrubs and a neat green lawn can boost the appraisal value. A new mailbox, flower boxes or porch planters are inexpensive ways to up your home's curb appeal.

It's also a good idea to repair or replace outdated or broken appliances and light fixtures, Warrington says. Buying all new appliances may not be cost effective, but anything that's not working properly could have a negative impact on an appraisal.

When it comes to renovations, the Toronto Beaches area agent says, "make sure you document the renovation and costs with before and after photos and a spreadsheet of the detailed costs. Be prepared to show receipts if necessary."

While kitchen and bathroom upgrades are traditionally recommended as the most value-enhancing improvements, Wright Sisters Group with Remax in Toronto offer two other suggestions in their online magazine that will give you the most bang for your remodeling buck.

Installing a steel entry door averages a 101.8 per cent return on investment, according to Wright Sisters. "Security, curb appeal and energy efficiency all improve with this relatively simple change."

Converting an attic space to a bedroom also ranks high on their list of smart home improvements. "An attic conversion will allow you to maximize space you already have, keeping your costs in check."

Warrington's top tip to getting the best appraisal value for your home is to ask your lender for a local appraiser. If the appraiser isn't familiar with your neighbourhood, there's a chance your property could be undervalued, she says. "If you can't get a local appraiser, make sure you provide the appraiser with detailed information about your neighborhood."

The appraiser may not know your area's Walk Score, so go ahead and wow them with your list of nearby schools, libraries, restaurants, theatres, parks and shops. It might be just the boost your appraisal needs.

What you need to know buying a home during a recession

Canada is officially in a recession, a time when banks typically lower their interest rates.

As house prices traditionally fall and mortgage rates become more competitive during a recession, your dream home could start to look like a real bargain.

Some financial advisors say a recession is good time to buy a home, but not everyone agrees. In his book When the Bubble Bursts: Surviving the Canadian Real Estate Crash, author and portfolio manager Hilliard MacBeth suggests the best way to survive a housing downturn is to rent and invest your money in anything but real estate.

If you're planning to buy during a recession, John Pasalis, of Realosophy Realty in Toronto, says you should buy defensively. He recommends homebuyers look for a property they can live in for at least five years, with a monthly payment they can comfortably afford even if one partner is unemployed for a period of time.

The five-year rule is key he says. "The transaction costs to buying and selling a home can be high. You want to give enough time for your home to appreciate to ensure that when you do sell you are not losing money in the transaction."

Not overstretching your budget is also critical during a recession, says the broker owner, because you don't know if you or your partner might end up out of work.

"People can manage this risk in different ways," Pasalis says. "In the case of a dual income household, you can plan to buy a home that you can afford on just one income. Since this would be the worst-case scenario for most people, it's fine if you would feel stretched on just one income and not have any money left for vacations and other luxuries.

"The idea is that if you find yourself relying on just one income for six to 12 months, you want to make sure you have enough money to stay afloat and pay your key living expenses."

If you're a solo buyer with just one income to begin with, another option to consider, he says, is buying a home with either a rental unit like a basement apartment, or a property that has the potential for a rental unit.

"Earning $800 to $1,200 per month in rental income," says Pasalis, "can help cover many expenses if you find your budget is a bit tighter due to a recession."

HENRIETTA/WALMARK/FOR METRO

During a recession homebuyers should buy defensively. Look for a property you can live in for at least five years. SHUTTERSTOCK

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Should I stay or should I go?

SICK DAYS

You're feeling lousy — but lousy enough for a sick day? One pro weighs in on keeping your sickness to yourself

Jacqueline Kovacs
For Metro

When you are sick, the best thing you can do for yourself is take a day to rest. SHUTTERSTOCK

Busy may be the new black, but when it comes to heading into your busy workplace when you're sick, you might want to rethink your style.

"If you're sick, the medical community would tell you to stay home," said Dr. Matthew P. Muller, medical director of infection prevention and control at Toronto's St. Michael's Hospital. "But people always feel pressured to go in."

Blame our society's admiration of what Muller calls "presenteeism" — being at work even when you aren't feeling well and are unable to concentrate fully on work (because of illness or other reasons) is seen as a praise-worthy sign of dedication and ambition.

But all bets are off when you're sick.

"When it comes to the workplace, staying away when you're sick is a sign of respect for your colleagues, especially in the early phases when you're more infectious and more likely to spread your illness to your colleagues," Muller said.

> **"Staying away when you're sick is a sign of respect for your colleagues, especially in the early phases when you're more infectious and more likely to spread your illness to your colleagues"**
> Dr. Matthew P. Muller

And there are two main ways that you might share your ill gift. The first is through contact spread: You cough or sneeze into your hand, then shake hands with someone. Or, more indirectly, after that cough or sneeze, you touch a pole on a streetcar or the handle of the shared office coffee pot. The next person touches that same spot and then rubs their eyes or nose, Muller said.

The second way cold and flu germs are spread is through respiratory droplets — you, or another sick person, coughs or sneezes and a droplet lands on your eyes, nose or mouth.

This kind of transmission happens easily during flu season in crowded environments, Muller said, such as on subways, streetcars and in elevators.

Still not convinced that home is the best place to be when you're sick? Even if you think you can keep your germs to yourself, consider this — just how many sick days do you have? When you take your weary self to work day after day, besides potentially creating more sick people, you also don't give your body a chance to recover.

"In general, often the fastest way for you to get better is to stay home, stay hydrated and get lots of rest," Muller said.

That's a formula for a quicker recovery — and a healthier workplace.

A clean fight against cold and sinuses

Handwashing throughout the day — especially before eating — will help you stay germ free.

One of the best ways to steer clear of colds and flu is to keep your hands clean. But is it better to sanitize your hands with soap and water or with an alcohol-based hand sanitizer?

The answer is both — depending on the circumstances, said Dr. Matthew P. Muller, medical director of infection prevention and control at Toronto's St. Michael's Hospital.

In the health-care community, Muller said, there has been a push towards alcohol-based hand sanitizers for certain situations, and for soap-and-water cleaning for others. If your hands are visibly grimy with grease, dirt and debris, he said, soap and water are your best option for a thorough cleaning. Hand sanitizer will likely not be up to the task.

If, however, your hands look visibly clean, but you have been out in public, touching doorknobs, elevator buttons, shaking hands and so on, hand sanitizer is your friend.

"Your hands may look clean, but that doesn't mean they are germ free," Muller said.

Whatever the situation, Muller said that "washing your hands periodically throughout the day — before you eat, after using the washroom, after handling potentially contaminated items, after coughing or sneezing — is a great way to keep yourself healthy and an altruistic way to keep others from getting sick."

Nowhere, he added, is germ free.

"Even if you try to avoid it, germs are everywhere. So the common-sense approach is to keep your hands clean and avoid touching your face if you think your hand is contaminated."

Muller added that for general cleaning — in the absence of grease, dirt and debris — soap and water or hand sanitizer, used properly, work very well to clean and de-germ hands. But, in a pinch, during cold and flu season, it's wise to keep a portable bottle of sanitizer with you, simply because, as Muller said, "you can't carry a sink around with you."

HOW TO WASH YOUR HANDS

Got soap and water? Got sanitizer? Here is how to make a clean sweep:

USING SOAP AND WATER

According to the Mayo Clinic, the most effective way to wash with soap and water is to make sure you use plenty of soap and rub your hands vigorously for at least 20 seconds, making sure you cover all surfaces — including the backs of your hands, under rings and fingernails. Rinse well and dry completely with a disposable towel or air dryer.

USING HAND SANITIZER

Look for a product that is at least 60 per cent alcohol, the Mayo Clinic said, and don't be stingy. Use enough sanitizer to completely wet your hands and then rub your hands together — don't forget the backs and the webs of your fingers — until your hands are dry.

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metro SPORTS
Your essential daily news

Tom Brady says he's supporting his golf buddy Donald Trump for president

Edwin Encarnacion of the Blue Jays scores against Braves catcher Christian Bethancourt on Wednesday in Atlanta. SCOTT CUNNINGHAM/GETTY IMAGES

Jays bats come back to life

MLB

Martin powers offence as Toronto ends two-game skid

David Price allowed one run in seven innings, Russell Martin hit a homer and drove in four runs, and the Toronto Blue Jays beat Shelby Miller and the Atlanta Braves 9-1 on Wednesday night to protect their lead in the AL East.

Price (16-5) gave up six hits and had nine strikeouts as he improved to 7-1 since coming to Toronto in a trade with Detroit. He lowered his ERA to 2.42.

The Blue Jays stayed three games ahead of second-place New York in the division. The Yankees beat the Rays 3-1.

Toronto had 12 hits as it returned to its customary high-scoring pace after managing only a combined two runs in two straight losses. Martin hit a two-run double in the four-run first and added a two-run homer off Ryan Kelly in the ninth.

WEDNESDAY In Atlanta

BLUE JAYS	BRAVES
9	1

Miller (5-15) didn't make it through the fourth inning as he gave up five runs, four earned. His ERA rose to 3.00 after he allowed four or more earned runs for the third time in his last five starts.

Miller's streak of winless starts was extended to 22. It is the longest streak for any pitcher in a season he was an all-star. The right-hander, who has the worst run support in the majors, has lost 14 consecutive decisions since his last win on May 17.

Jose Bautista had a run-scoring double and Ryan Goins drove in a run in the first. The Blue Jays knocked Miller out of the game with another run in the fourth.

Ben Revere drove in two runs with two hits, including a double in the fifth, for Toronto.

The Braves' run came in the first. Nick Markakis hit a leadoff double and scored on Freddie Freeman's fly ball.

Toronto first baseman Edwin Encarnacion had three hits and two walks in his return after missing two starts with a sore left middle finger.

THE ASSOCIATED PRESS

NHL

Maple Leafs brace for tough camp under Babcock

Morgan Rielly has never played for Mike Babcock, so he's not sure exactly what to expect at the Toronto Maple Leafs' training camp. He just knows it won't be easy.

"He expects our team to be one of the hardest-working teams in the league," the defenceman said. "He wants the guys to be ready for a tough training camp, and I think that's good."

Camp begins Thursday in Toronto as the Leafs go through their physicals. The on-ice portion begins Friday in Bedford, N.S., and that's when players will get an up-close look at what made Babcock a Stanley Cup and gold medal-winning coach.

> **"We'll be a structured, hard-working team that makes our fans proud.**
> Mike Babcock

"I think the players will immediately see who Mike Babcock is and just the way he runs his practice, how detailed he is and how he holds players accountable by simply what will be accepted and what won't be," general manager Lou Lamoriello said in a recent phone interview. "I don't think anything has to be said. I think that Mike's reputation precedes who he is today and what he will do."

Babcock has a reputation as one of the best coaches in the world. And he comes to the Leafs with plenty of big expectations because of his $50-million US, eight-year contract.

THE CANADIAN PRESS

Mike Babcock signed a $50-million US, eight-year contract in May. DAVID COOPER/TORSTAR NEWS SERVICE

IN BRIEF

Kane expected to join team amid investigation

Patrick Kane is expected to join his Chicago Blackhawks teammates at training camp this week as he awaits the results of a sexual-assault investigation.

"Based on what I know, Patrick Kane will be at camp tomorrow," Kane's agent, Pat Brisson, wrote in a text message to The Associated Press on Wednesday after Chicago released its camp roster.

Camp begins Friday in South Bend, Ind.

Kane is accused of sexually assaulting a woman in her 20s last month at his off-season residence near his hometown of Buffalo, N.Y., but has not been charged. THE ASSOCIATED PRESS

Voynov, splits with Kings, heading back to Russia

Defenceman Slava Voynov announced Wednesday that he will return home to Russia with his family, leaving the Los Angeles Kings in the wake of his legal troubles on domestic violence charges.

The Kings also released a statement announcing they had planned to terminate the final four seasons of Voynov's contract on Thursday. The move is no longer necessary, since Voynov's departure ends the contract.

Voynov pleaded no contest in July to a misdemeanour charge of domestic violence against his wife, Marta Varlamova.

THE ASSOCIATED PRESS

Patriots staffers accused in Deflategate reinstated

The NFL has reinstated the two New England Patriots employees cited by the league for their involvement in the use of deflated footballs in the AFC championship game.

Equipment assistant John Jastremski and officials locker-room attendant Jim McNally were reinstated Wednesday after the team requested they be allowed to return. An NFL statement says: "The Patriots have satisfied the league's requirements for reinstatement and the league has granted permission for the employees to return." THE ASSOCIATED PRESS

Florenzi's golazo stuns Barcelona

UEFA CHAMPIONS LEAGUE

Midfielder's audacious strike earns Roma a draw

The Champions League season is only one match day old, but it will be tough for anyone to better Alessandro Florenzi's eye-popping strike that gave Roma a 1-1 draw with defending champion Barcelona on Wednesday.

Florenzi launched a 60-yard lob from near the sideline and watched it sail over Barcelona goalkeeper Andre-Marc ter Stegen to cancel out Luis Suarez's opening goal.

"It will be something to remember," Florenzi said. "It's not something that happens often."

After Suarez headed in Ivan Rakitic's pass in the 21st, Florenzi's memorable equalizer in a 1-1 draw came just after the half-hour mark.

Roma's Alessandro Florenzi unleashes his game-tying goal from midfield on Wednesday at Stadio Olimpico in Rome.
RICCARDO DE LUCA/THE ASSOCIATED PRESS

Two strides after dribbling past the halfway line on the right flank, Florenzi saw Ter Stegen far out of his goal and let loose a shot that went over the German's head and in off the post.

"You can concede a goal when you least expect it, as we showed," said Barcelona coach Luis Enrique, who managed Roma for the 2011-12 season.

THE ASSOCIATED PRESS

RESULTS

Group E
Bayer Leverkusen 4, BATE Borisov 1
Roma 1, Barcelona 1
Group F
Dinamo Zagreb 2, Arsenal 1
Bayern 3, Olympiakos 0
Group G
Dynamo Kiev 2, FC Porto 2
Chelsea 4, Maccabi 0
Group H
KAA Gent 1, Lyon 1
3 Zenit, Valencia 2

MLS

Lampard shows signs of life vs. TFC

Frank Lampard scored his first MLS goal and New York City FC beat Toronto FC 2-0 on Wednesday night to end a three-game losing streak.

New York City (8-14-7) won its first game since Aug. 13. Toronto FC (11-13-4) has lost three straight.

Lampard, a former Chelsea and Manchester City midfielder, scored in the 20th minute. He settled RJ Allen's back-pass with his chest and rolled in a goal through traffic. Lampard spent 13 seasons with Chelsea, won three Premier League titles and scored 176 goals in 599 games.

Patrick Mullins headed in Andrea Pirlo's corner kick in the 77th.

Josh Saunders had a diving save of Sebastian Giovinco's deflected free kick in the 62nd minute and he punched Michael Bradley's shot from distance over the crossbar in the 70th.

THE ASSOCIATED PRESS

WEDNESDAY In N.Y.C.

2	0

IN NEW ENGLAND

Revolution top Red Bulls

Kelyn Rowe broke a tie in the 65th minute and the New England Revolution beat the New York Red Bulls 2-1 to move into first place in the Eastern Conference.

New England (13-9-7), which won 3-1 in Toronto on Sunday, won its sixth straight game, matching a club record set in 2005.

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RECIPE Spaghetti Pesto Caprese

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Ready in
Prep time: 15 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 8 oz spaghetti (preferably whole wheat)
- 1/2 cup homemade pesto (can substitute for store bought)
- 2 oz mozzarella cheese, sliced into thin pieces
- 1 plum tomato, sliced into 1/8-inch rounds
- Chopped fresh basil for garnish

Pesto
- 1 cup packed fresh basil leaves
- 2 Tbsp grated Parmesan cheese
- 1 Tbsp toasted pine nuts
- 2 Tbsp light cream cheese
- 1 tsp minced fresh garlic
- 3 Tbsp chicken stock or water
- 2 Tbsp olive oil

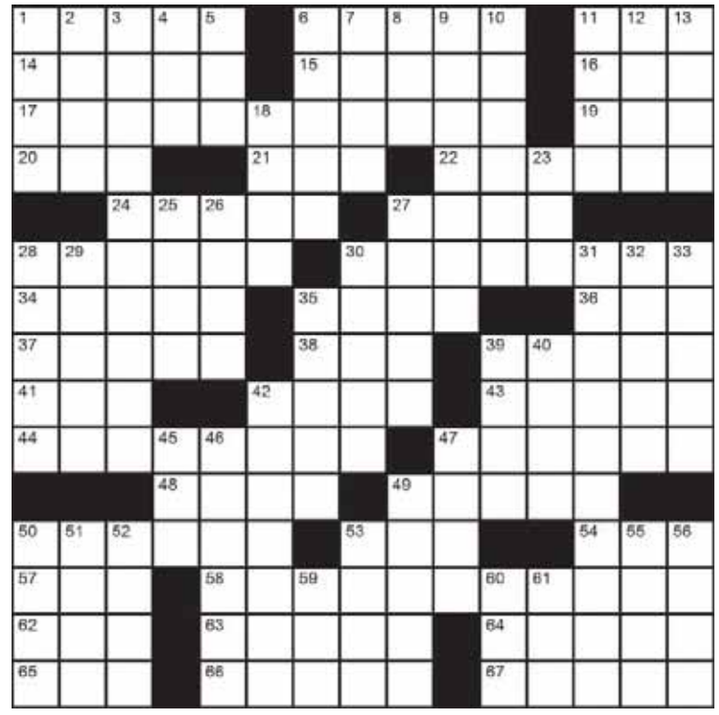
Directions
1. To make the pesto: Place all the ingredients in the bowl of a small food processor and purée until smooth. If too thick add a little more stock or water.
2. Boil pasta according to package directions. Drain leaving 1/4 cup pasta water. Add to bowl along with pesto. Mix well.
3. Preheat oven to broil. Spray a 10- to 12-inch skillet with vegetable oil. Add pasta. Top with mozzarella cheese and tomato slices. Broil for two to three minutes just until cheese begins to brown.
4. Garnish with fresh basil.

Nutrition per serving
- Calories 350
- Protein 12 g
- Carbohydrates 42 g
- Fibre 1 g
- Total fat 14 g
- Saturated fat 3.5 g
- Cholesterol 15 mg
- Sodium 180 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Peter Frampton's "__ _ Love Your Way"
6. __ Ray (Aquatic creature)
11. Fuel additive brand
14. "You're _ __ and don't even know it!"
15. Petri dish gels
16. Thanksgiving, e.g.
17. 2015 marks the 75th Anniversary of Bugs Bunny! Animated series for the beloved wisecracker: 2 wds.
19. Once __ _ lifetime
20. 'S' in NYSE [abbr.]
21. French for 'Goose'
22. _ the Martian (Character on #17-Across)
24. "Obsession": New song by Canadian singer Mr. Desman
27. Milk, sauce or bean
28. "Inside the __ Studio"
30. Pianist/composer George
34. "Drats."
35. Fasteners
36. Comic actress Ms. Gasteyer
37. "Growing Pains" star Mr. Cameron's
38. U.S. driving org.
39. Go-__ (Small racers)
41. Hydrocarbon suffix
42. Roll up a flag
43. Three trios
44. __ Wabbit (Bugs Bunny, to Elmer Fudd)
47. Character on #17-Across, __ Hawk
48. "Am _ __ early?"
49. Cooked even less
50. Huge vulture of The Andes
53. Female hog
54. Premium car
57. Maturate
58. Err in interpretation
62. Abbreviated 'amateur' antonym
63. Manner of speaking
64. Beeps
65. Poetic nightfall
66. Fills the roles for the movie
67. Disturb

DOWN
1. Dances for Cinderella, in Paris
2. Put on _ __ of coffee
3. Establishments for Canadian chain Indigo
4. Japan currency
5. 'Favour' suffix
6. Morning: French
7. Chilly feeling
8. Bert Bobbsey's twin
9. Fault line happenings
10. Tries
11. Switchblade
12. Ms. Braxton
13. Design
18. Pained exclamations!
23. "Yay!"
25. 1991 Steven Spielberg film
26. Fine pursuits
27. "The Goldbergs" star George
28. Awry
29. Where Beijing is the capital
30. Anthony of "General Hospital" soap fame
31. Family-of-siblings production co. behind the cartoon at #17-Across (Trivia! One of the siblings, Jack, was born in London, Ontario in 1892): 2 wds.
32. Lay to rest
33. Foul
35. Sao __, Brazil
39. Acknowledged
40. Super
42. Sunshine State
45. Sophia Loren movie, "El __" (1961)
46. Nuclear
47. Kate Hudson's mother's surname
49. Kitchen, and others in a home
50. __ Cod, Massachusetts
51. Demon
52. Downtown brightener
53. Glaswegian
55. Remote control button for sound
56. "__ Side Story" (1961)
59. Jessica, to Ashlee [abbr.]
60. Beatle in the early Hamburg days
61. Pinnacle

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't compromise your principles. You may think that others will admire you for your pragmatic approach, but your rivals will see it as a sign of weakness. You must always stand up for what you believe in.

Taurus April 21 - May 21
Avoid anything too adventurous today. Stick with what feels right to you, even if others say it is boring. You know what you like and there is no reason why you should change it.

Gemini May 22 - June 21
If you get the chance to improve your cash flow situation you must take it. Your ability to think on your feet and to make correct decisions means you will be much in demand.

Cancer June 22 - July 23
Be careful that something you say to a loved one does not hurt them emotionally. Yes, you have every right to express your opinion, but you also have a responsibility to think about what the consequences might be.

Leo July 24 - Aug. 23
You have been held back too long and are desperate to spread your wings. You will get the chance not long after the Sun changes signs on the 23rd but for now stay where you are and finish what you started.

Virgo Aug. 24 - Sept. 23
You may not be able to take your own plans further but you can certainly help a friend or relative do something that means a lot to them.

Libra Sept. 24 - Oct. 23
Whether or not you have the necessary experience to take on a new role is irrelevant — you have the intelligence and the ambition. The best way to get ahead is to just go for it.

Scorpio Oct. 24 - Nov. 22
What you get today may not be what you want but according to the planets it is exactly what you need. If a friend makes a suggestion take it seriously — they know what you need.

Sagittarius Nov. 23 - Dec. 21
A little knowledge can be a dangerous thing, so whatever it is you discover today don't act on it yet. In the fullness of time you'll find it is only half the picture — and it's the other half that matters more. Be patient.

Capricorn Dec. 22 - Jan. 20
Don't waste time on petty arguments. Not everyone you meet today will see things from your point of view but that's okay. There's room enough for every opinion.

Aquarius Jan. 21 - Feb. 19
However much you might fear the unknown you must confront it, otherwise you may not be in the right frame of mind to take advantage of the wonderful opportunities coming your way.

Pisces Feb. 20 - March 20
You know what you want and how to get it. So what are you waiting for? The time is right to make your bid for fame and fortune, so don't hold back a moment longer.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

1				2				8
		9		6	8	1		
	2		4				7	
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